THE
Messenger
Community | news | events | health | lifestyle | reviews | activities | and much more
Lakes, Bay & Region January 23 2016 Vol. 11 Also Available Online
Your free weekly magazine

WHAT'S ON AUSTRALIA DAY
Celebrate this great nation with local events at the beach, bush or bar

RENO ADVICE
MANY HOUSES AROUND NORTH LAKES AND MANGO HILL SUFFER FROM 'DEVELOPER DISASTER'

REAL ESTATE
GREAT NEWS FOR RENTERS, NOT SO MUCH FOR INVESTORS

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FILM REVIEW
THE REVENANT

Moreton Bay's only female ventriloquist

Fun activities for all ages inside

BACK TO SCHOOL AFTER AUSTRALIA DAY

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Hunky Hemsworth
The Radiators
Exercise and weight loss Myths

LEONIE ON:
I don't love him and he sure as hell doesn't love me

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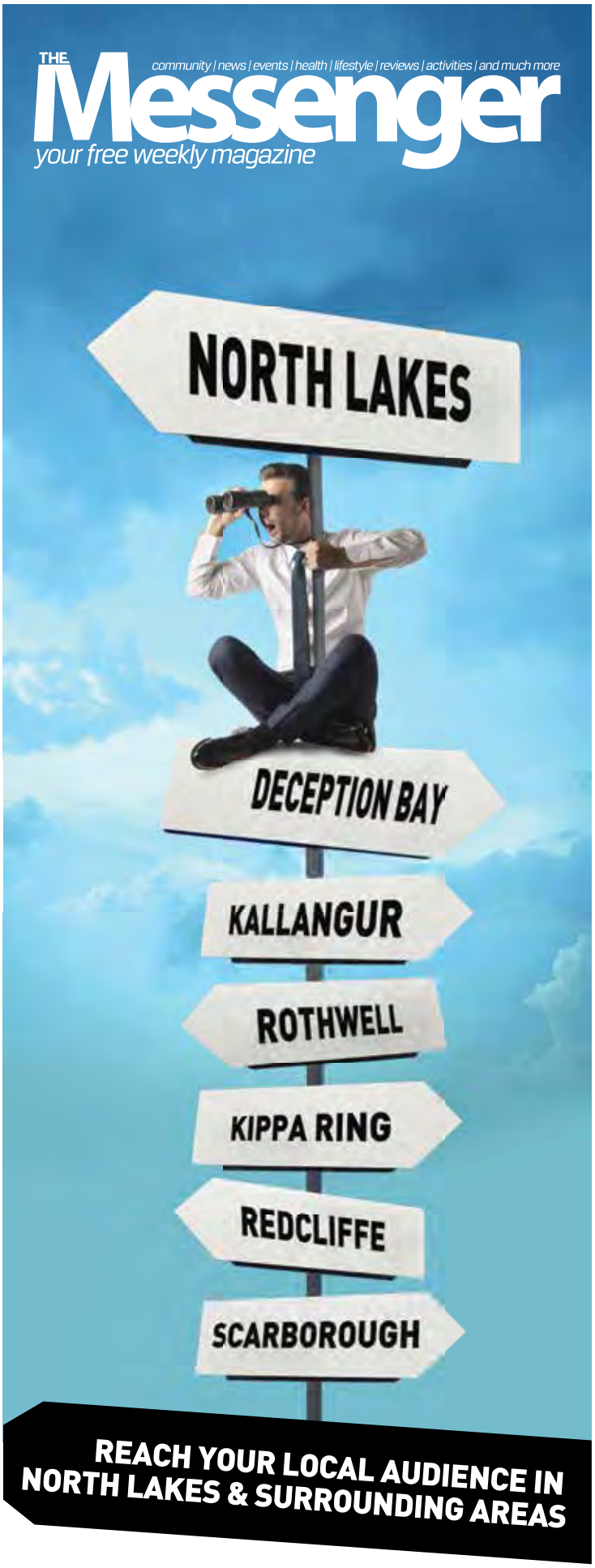

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Back to school after Australia Day

Queensland state schools will start the year on Wednesday 27 January.

Last year Education Minister Kate Jones approved a change to the school calendar when parents and teachers had all advised they would prefer school to start back on the Wednesday after Australia Day.

"We had the situation where students were coming back from their summer break for only one day, then celebrating Australia Day on the Tuesday and then back to school on the Wednesday," she said.

"Parents know how important routines and consistency are – especially for Prep students beginning school for the first time.

Monday 25 January will now be a pupil-free day with the school term to start for students on Wednesday 27 January.

The Minister for Education has the authority to approve term dates and student holidays for state schools.

Queensland State School term dates 2016

Term 1
Wednesday 27 January - Thursday 24 March (9 weeks)

Term 2
Monday 11 April - Friday 24 June (11 weeks)

Term 3
Monday 11 July - Friday 16 September (10 weeks)

Term 4
Tuesday 4 October - Friday 9 December (10 weeks)

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Fish, Fun & Aussie Sun

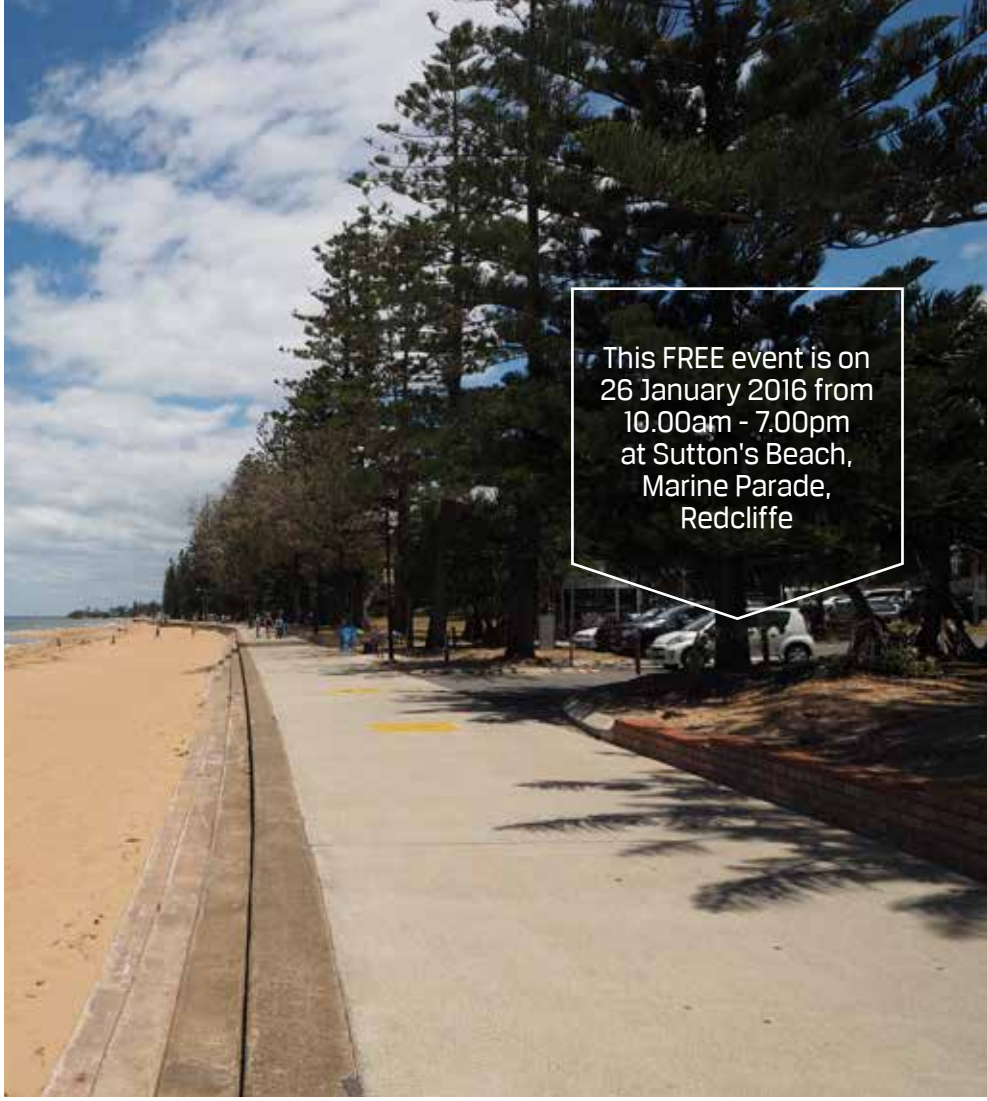
Sutton's Beach at Redcliffe will once again play host to Australia Day revellers so head down to the Fish, Fun & Aussie Sun to help celebrate this great nation.

Parents can relax to live bands and DJs while kids explore the workshops (such as kite making) or compete in the number of different Aussie comps running throughout the day or take part in beach activities. There will be $2 rides and free face painting.

Joining the celebrations will be Australia Day Ambassadors, Brisbane Lions players, Daniel Merrett and Tom Rockliff. The boys will be meeting fans and will be more than happy to sign and smile for some photos.

To finish the night with a bang, there will be an impressive fireworks display launching from 7pm.

Please note that there is very limited parking available at Suttons Beach. Free parking is available in surrounding streets. There are no road closures for this event.



This FREE event is on 26 January 2016 from 10.00am - 7.00pm at Sutton's Beach, Marine Parade, Redcliffe

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Anglers urged to brush up on fish stock rules

Many of Queensland's recreational fishers will be taking an extra long weekend with Australia day public holiday falling on Tuesday. It's a good time to remember that while the 32 stocked impoundment dams across the state that make a perfect location for a camping break or relaxing day trip, you should be aware of the regulations.

"Many of the Stocked Impoundment Permit Scheme (SIPS) dams are full and ready to be fished, including the Bjelke-Petersen Dam, near Cherbourg, which I visited today," the Minister said.

"This dam is well stocked with freshwater species such as Australian bass, golden perch and silver perch.

"Fish stocks need to be sustainable, and Queensland's fishing permits scheme has been highly successful, helping to ensure future generations of Queenslanders can enjoy some summer fishing."

Since 2000, the SIPS has generated about $1 million a year from the sale of permits, which is used to stock fingerlings in 32 of Queensland's most popular impoundments.

"About 200,000 native fingerlings were stocked in the dam near Cherbourg in 2014-15 using more than $41,000 from the scheme," Minister Donaldson said.

Permits can be bought online, over the counter at a number of outlets throughout Queensland, or by calling 13 25 23 during business hours to order one over the phone.

Queensland Boating and Fisheries Patrol district manager Greg Bowness said fishers needed to familiarise themselves with changes to freshwater fishing rules, which came into effect in February last year.

"No more than six fishing lines can be used per person at any one time. Only one hook, artificial fly or lure can be attached to each line," he said.

"When using a fishing line, you must stay within 50m of the line at all times. You should also check the fishing line regularly to allow any undersized or non-target species to be released safely.

"All traps must be tagged clearly, ensuring the owner's surname and address is visible."

Freshwater traps are required to be marked with a solid light-coloured float that is at least 15cm in any dimension, if not fixed to something stationary above the water.

Mr Bowness said fishers should also be aware of the rules surrounding bait.

"Any bait caught must comply with size and possession limits," he said.

"The use of freshwater fish and crustaceans, such as spangled perch, redclaw, freshwater prawns and yabbies as bait (dead or alive), is banned outside of their natural environment or range. No-take species are also not able to be used as bait.

"Fish caught that are not native to the area must not be returned to the water even as bait.

"This includes pest fish such as tilapia and carp, which affect native species and marine environments."

Unlawful or suspicious fishing activities can be reported by calling the Fishwatch hotline on 1800 017 116.

For more information on Queensland's freshwater fishing rules, visit www.fisheries.qld.gov.au, call 13 25 23 or download the free 'Qld Fishing' app from Apple and Google app stores.

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'Last Drinks' project

popular amongst patrons

Frontline police and Griffith University have been pleasantly surprised by the popularity of the partnered survey and breath testing of revellers as they leave entertainment precincts in the City and Fortitude Valley.

The Last Drinks project is part of ongoing research into people's experiences at the precincts.

Griffith University Associate Professor Grant Devilly said the research was being conducted with the help of federal funding from the National Drug Strategy Law Enforcement Funding Committee.

"We have been seeking people out at the end of the night as they go home to see how their drinking night has gone," Associate Professor Devilly said.

"So far 1125 people have participated in the project as they left to go home, with people very keen to take part. A quick survey conducted at train stations, taxi ranks and near popular venues includes the chance for patrons to undertake a voluntary breath test after estimating what their reading may be."

"Our survey methodology generates very reliable response from patrons in the precincts at the right time of night, rather than unknown people who may not even visit the area responding to an email link at home or elsewhere."

Officer in Charge Brisbane City Station, Senior Sergeant Corey Allen said police were already seeing some operational outcomes as the engagement increases positive interaction around areas linked to alcohol related violence.

"Frontline police working with the project team have had an excellent opportunity to engage people on such positive terms, when they are not in crisis or in trouble. We have had some encouraging discussions with people showing a high level of personal accountability and awareness," Senior Sergeant Allen said.

"The average B.A.C. reading on people entering the precinct from the earlier Smart State project was approximately 0.07%, at this stage we are seeing marginal increase in the readings on exiting the precincts," Senior Sergeant Allen said.

The results from the research engagement will help guide strategies into the future. Patrons are asked about a range of factors including how much they have spent and their previous involvement in alcohol-related incidents.

The project continues each Thursday, Friday and Saturday nights in the City and Valley for the next few months.

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Support Queensland Fire and Emergency Services

With Aussie Day Weekend Fundraiser BBQ

Once again, Bunnings will be raising much needed funds for local volunteer fire brigades and emergency services through their annual Aussie Day Weekend Fundraiser BBQ, held at all stores on Saturday 23 January 2016.

North Lakes residents are invited to celebrate Australia Day and support the Queensland Fire and Emergency Services (QFES) by heading down to Bunnings Warehouse North Lakes between 9am-4pm, to buy a snag or make a donation.
Team members will be running sausage sizzles with support from fire brigade and emergency services volunteers, with every cent raised going directly to support the QFES.

Queensland Fire and Emergency Services Deputy Commissioner, Mike Wassing, said he is thrilled that Bunnings is continuing to support local volunteer fire brigades and emergency services through this great initiative.

"QFES volunteers such as those from the State Emergency Service and the Rural Fire Service are dedicated members who contribute significantly to supporting Queensland communities before, during and after disasters.

"It is really great to see when the community return the favour by helping to fundraise. This support enables the continued improvement of our volunteer services," said Mike.

Bunnings Warehouse North Lakes Complex Manager, Michael Rodwell, said the Aussie Day Weekend Fundraiser BBQ is a terrific way for team members and all Australians to show their appreciation for the wonderful work done by local volunteer fire brigades and emergency services.

"The team is really excited to get behind the barbecue to help raise vital funds for our local QFES," said Michael.

Family activities, fun games and entertainment will also be held throughout the day.

Bunnings Warehouse North Lakes, 18-28 Cook Court, Tel: 3293 6900

North Lakes Mustangs Soccer Club

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Registration Days for 2016

Returning Players from 2015 -
Saturday 30th January 2016
Time: 8am to 12pm

New Players -
Saturday 6th February 2016
Time: from 8am to 12pm
at Woodside Community Centre -
Cnr of Gardenia Parade and Discovery Drive, North Lakes

All players need to have a new photo taken.
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Fees for 2016 will include all match fees and a training shirt.

FEES

Rooball (U6 to U8)	$210 each
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Seniors	$250 each

Please note there is a 10% discount for second and further family registrations.

For any queries or interest in being part of the club as a coach, manager or committee member please contact
enquiries@northlakesmustangs.com.au
Further information – see our website –
www.northlakesmustangs.com.au

Caroline Moon is Moreton Bay's only female ventriloquist

and she's just crazy about puppets

You've got to wonder how one gets into ventriloquy, well wonder no more as Moreton Bay's only female ventriloquist, Caroline Moon, sets the record straight.

"Not in my wildest dreams would I have ever thought that an online purchase would change my life!" She said.

"It was late 2014 and I was still grieving my mother who had tragically passed with cancer of the oesophagus just a few short months ago. I had been toying with this idea of becoming a ventriloquist for some time now and had been practicing talking and singing with my lips closed whilst no one was around. Finally, I decided to bite the bullet and do something that seemed very strange for an adult to do: buy a puppet."

Caroline Googled, shopped and when her new puppet arrived she surprised her husband with an impromptu performance. His response:

"You have been doing this for years haven't you?"

Busted. Since then Caroline's passion for puppets and performance has grown assembling a party of seven puppets and thirty character voices.

"I am so glad I took the bizarre step to buy a puppet online to see if I could be a ventriloquist. Puppets and ventriloquy are now my passion and I couldn't imagine what my life would be without them. "

Caroline Moon by by Sally Flegg

Rusky , Caroline and Maggie

For bookings and more information see carolinemoon.com

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Aussie Beach Party at Bribie Island

Celebrate what's great on Australia Day!

For those that don't mind a short drive on the day you can rock out at the Aussie Beach Party this Australia Day featuring Australian Tribute Bands, local artist Jay Bushby and DJ Iridescent.

There will be plenty of family fun including market stalls, face painting, amusement rides, beach activities, thong throwing, Scoopy's Ice Cream Eating Competition, kid's workshops and more.

The event also features a vintage car display and concludes with a massive fireworks display off the jetty.

For earlybirds, a free hot breakfast will be served by the Bribie Island Lions from 7.30am to celebrate Australia Day in Brennan Park, Bribie Island. Get in quick as the free breakfast is limited. Cornetts Supermarkets are a proud supporter of the free breakfast.

Fancy this view for Australia Day?
This FREE event runs from 7.30am - 7.30pm on Australia Day at Brennan Park - Toorbul Street, Bribie Island

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North Lakes Cycle-Quest

Promoting family and community fitness

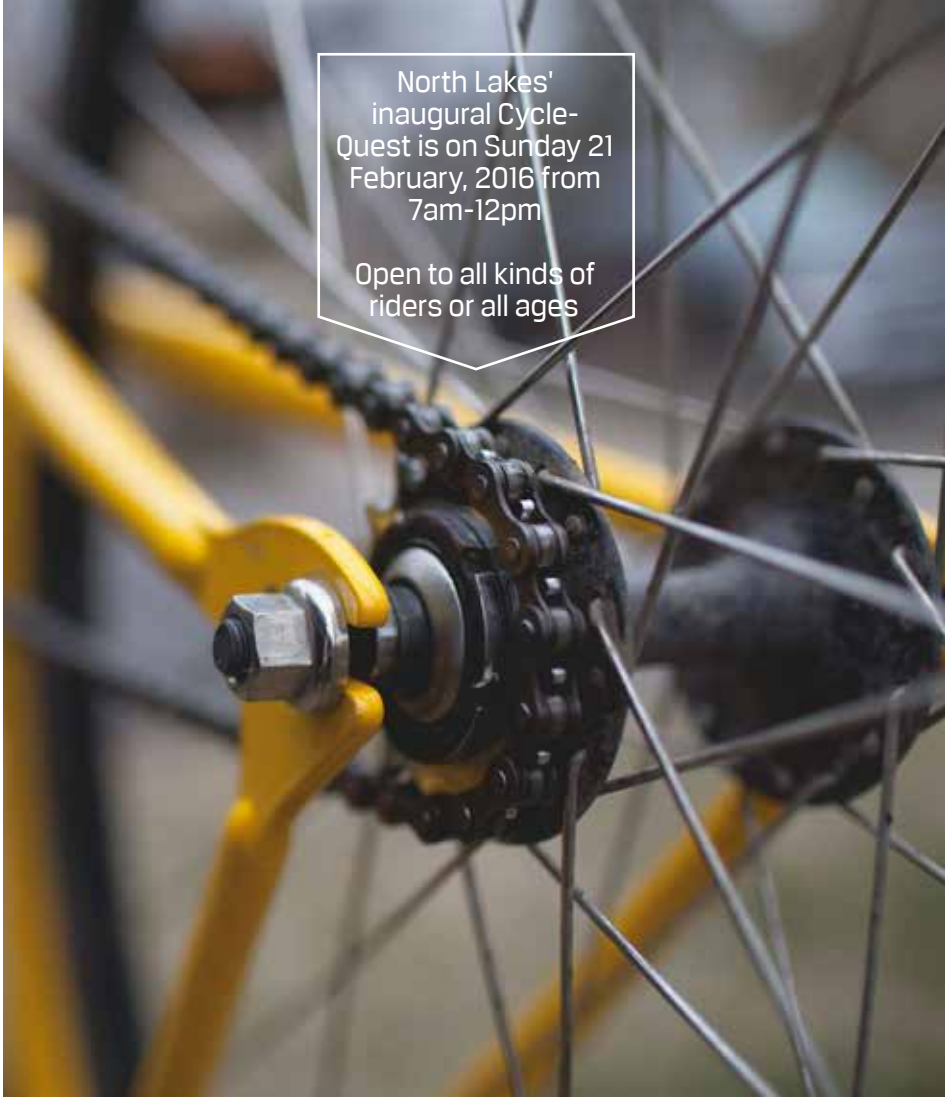
Cycle-Quest is a new community focused event that aims to get everyone up and moving. Teams of four to six people will participate in a variety of events and challenges around North Lakes parks and cycleways to gain the most points possible during the three hour event, with prizes and lunch at completion.

All types of riders and bikes are encouraged to join and teams can be made up of family, friends, or anyone you know who would like to get out and have some fun. Your team will be issued with a coloured wrist bandon the day.

The all-ages event is organised by iPlaySports and there will be prizes on donated by Westfield North Lakes and others.

Ticket prices are $15 for a child (U16) and $25 for adults while juniors on a bike seat or trailer are free.

For details and to register visit at www.go4itfitness.wix.com/cycle-quest



North Lakes' inaugural Cycle-Quest is on Sunday 21 February, 2016 from 7am-12pm

Open to all kinds of riders or all ages

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Lake Eden Hotel

Hi,

In response to the comments in the "Have your Say" with regards to Lake Eden Hotel. Firstly, I would like to point that, the old sales centre was there before most residents of North Lakes. To see the building in its current dilapidated state is nothing but sad. For any business wishing take over this building it needs considerable maintenance and improvements and funding to do so. So why not a Boutique hotel / restaurant along with suitable accommodation for people that want to visit the area?

I agree that Lake Eden is a beautiful lake and as a local resident I have spent many hours walking around and enjoying the wildlife. But from I have seen of the actual plans, available on the Moreton bay council website, the lake and access around the lake won't be changed or restricted.
To the comment recently that "how long do we have to put up with more concrete monstrosities", if you ever had the opportunity to look at the plans for North lakes before purchasing, you would have noticed that the top area of North Lakes was always designated as the Town centre. This is what makes North Lakes great, a place to live, work and provides facilities for all ages.

Coming back to the concept of the North Lakes Eden hotel. This is what North Lakes needs, a venue for people of all ages to meet with friends and family. For Celebrations, Weddings or just to relax together. Along with suitable accommodation for those that wish to stay for a short time in the area. Accommodation is extremely short supply in the surrounding areas and with homes getting smaller due to cost, this facility will allow visitors to find alternative accommodation close by. The facility could also provide a service for the Golf Course enticing larger tournaments and suitable accommodation for the participants. Thus allowing visitors to spend their money in the area, again providing local business further opportunities.

I can see the concern of those residents living near the potential Boutique hotel with regards to noise. But if you have ever had the opportunity to visit a true boutique hotel, they are far from the rough and rowdy establishment of the past.

For North Lakes to grow and entice people to live here, and protect families that invested in the area, we need facilities for everybody. Starting from the kids, teenagers, new parents, families and the elderly. I see this Boutique Hotel / restaurant and accommodation as another facility to provide that opportunity.

North lakes needs growth. We need facilities here that allow residents to be able to go out for dinner and have a few drinks and get home safely. We need to provide business opportunities to expand and improve local employment opportunities for the residents.

I personally see this as a fantastic opportunity for North Lakes residents. I don't believe I am the only person in North Lakes that believes so. I also believe these developers do have the residents of North Lakes best interests at heart.

From a long term resident of North Lakes.

Lake Eden Hotel

I write in response to the letter last week from Mr Old Resident regarding the development application for a hotel at Lake Eden.

As your local Councillor, I have stood shoulder to shoulder with residents who are concerned about this development.

Before Christmas, a meeting of residents was held down on site to provide information about what is being proposed and the safeguards that council could put in place through the development application process.

The development application has not been approved by council and is still being thoroughly assessed.

I am very passionate about North Lakes. This is my community. It's where I live and I can assure you that I have worked very hard for my local area and the residents that live here.

I would be happy to chat with you further Mr Old Resident and provide you with more information about the development. My phone number is 3480 6705.

Julie Greer
Councillor for Division Four

Lake Eden Hotel

Dear Mr Old Resident,

In response to your comments regarding the new Lake Eden Hotel.

You ask for someone who is "really interested in North Lakes"… would you be surprised to know that the developers of this site ARE all locals of North Lakes? In fact, they believe in North Lakes so much, they are currently investing considerable funds into other North Lakes projects including a mixed development of offices and shops at Anzac Ave and are constructing the specialist medical centre at the corner of Memorial and North Lakes Drive (both of which you may one day use).

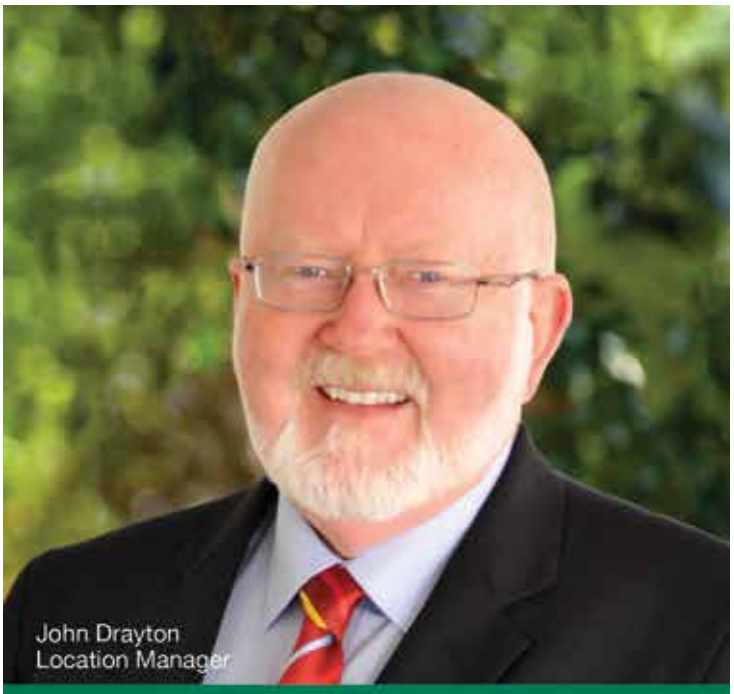
Who do you think has money to do these types of developments – the Local or State governments? It is largely private investment that is funding projects within North Lakes

Come on Mr Old Resident – these developers live and breath North Lakes just like you and I – and I am all in favour of our family and friends having somewhere to st ay locally when they come to visit.

Mr & Mrs Middle Age Residents

Have Your Say

write to community@northlakesmessenger.com.au



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I don't love him and he sure as hell doesn't love me

Hi Leonie,

I really would like you to give me some guidance about my marriage. I'm 42 and have been married for eighteen years. Our youngest lad has just moved out and where I thought my husband was cold before, now he is freezing me out at a whole new level.

For the last 10 years it has been mostly a loveless marriage with no affection and I have felt like a piece of furniture that is just tolerated for my pay packet each fortnight and my ability to provide a comfortable home. I feel that he drove our kids to leave as soon as they possibly could by being cold and unreasonable.

He seems happier in himself now the kids are gone but only others get to see the happy side of him, not me. I feel down and have for years.

I am a good person. I never cheated, drank, gambled or did any of the things many others I know have done. I just feel I deserve a better life.

I have no idea why I've stayed as long as I have. My worry if I leave now though is that the kids will think that I have abandoned their dad the second they are all out of the house. I love my kids and I know that they love me but I don't want to be seen as the bad guy.

There is no one else and I am not looking for anyone but I am looking for some relief from this misery. When we married, I would never have believed that it would be the way it is now and has been for years. We were once so tight we couldn't get enough of each other. Now I don't even get a kiss good bye. I don't love him and he sure as hell doesn't love me. I know I sound like a whimpering sook but I'm just saying it as it is. Any help would go down a treat. PS love your work

Name withheld/Narangba

Hi,

I can't tell you what to do but I can tell you how I see things. No one goes into a marriage believing it will fail. There may be lots of reasons why you have stayed all these years.

Often people will stay when it is clearly better to leave because they don't want to be the person who has multiple marriages. They don't want to tell their family that they couldn't make it work or they mistakenly stay in a loveless union thinking they are taking the high road, honoring their 'til death do us part' vow or they remain tied by some other invisible ropes such as religion and family expectation.

There is often a belief that staying is the best thing for the kids. Children are far better at picking up hostility than most people imagine, even in their very early years. Homes should be a sanctuary for you and your children not an emotional fighting ring or festering passive aggressive pit. However, in your case, you have raised your children and this is your marriage so I wouldn't want their possible reaction cloud your decision. You never know, they have wondered why you have stayed and may even form a new found respect for you for standing up for yourself.

Many of these people who chose to endure a miserable marriage have no idea how damaging this can be to their health and happiness.

Sociologists report that a marriage that is stressful and upsetting can be aligned with a greater occurrence of cardiovascular disease in both sexes, particularly those of advanced years. It has been reported that this greater occurrence is especially true for females. Their reasoning for this is that although most women are great communicators and often debrief with friends they also tend to push down feelings and bottle them up to avoid conflict with this leading to more stress which in turn may produce more cardiovascular issues.

Given the right information to make an education choice, I believe that far more people would end their marriages to pursue more rewarding and loving relationships. If people find themselves in a struggling, toxic or unhappy relationship they should of course see if the relationship can be turned around to be supportive and loving but if it can't they should rescue themselves by ending the union.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com

Leonie Schilling is a qualified private practitioner.
For appointments please phone 3886 2715 or 0423 653 841

Australia Day Celebrations

at Caboolture Historical Village

If the beach isn't really your thing, don't worry, Caboolture Historical Village is taking a different approach.

They've organised stalls and rides, re-enactments, a flag raising ceremony, a parade of vintage vehicles (with Percheron Horses) and the Rotary Club of Caboolture will be running the Cane Toad Races again!

The Old Hotel Bar will be open with live music. See the Uke Jukes for one of their last performances before retirement and Bits and Pieces will be performing.

There will be a prize for the best dressed Aussie Swaggie. Adults and Children are welcome to join in the competition.

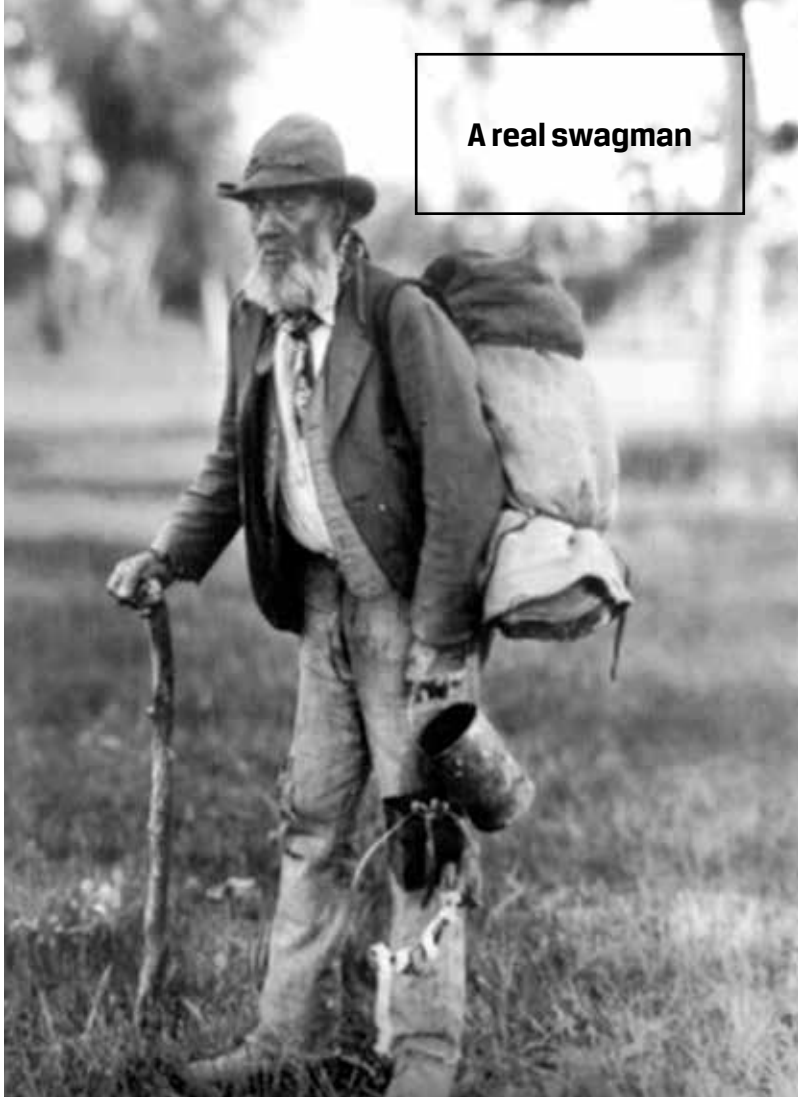
There will be a free shuttle buses operating from 9 am from the Morayfield Shopping Centre and the Caboolture Train Station.

All this plus good old Aussie damper and billy tea (and lots more) makes it a truly Australian experience to enjoy.

Caboolture Historical Village is just north of Caboolture, along Beerburrum Road (the old Bruce Highway). See www.historicalvillage.com.au for more info.

The event is on 26 January 2016 from 9am - 3pm at the Caboolture Historical Village, 280 Beerburrum Road, Caboolture.

Cost is $10 for adults and FREE for children under 16 years old.



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Aussie icons the Radiators to headline Rockin 3.0

- Rockin 4 the Homeless at Redcliffe Dolphins Leagues Club
- Proceeds go to Club 189 – a new drop-in centre to be built in Redcliffe

Rockin 4 the Homeless Executive Producer Dan Nebe has announced that Redcliffe Dolphins Leagues Club will be the venue for Rockin 4 the Homeless 3.0.

“We are so happy to be back at the Leagues Club again. This time we are bringing The Radiators and Dave Evans (ex AC/DC) to co-headline our event." said Mr. Nebe

"Last time the Radiators played at the venue it was standing room only. This year won’t disappoint. Radiators and Dave Evans + 20 other live acts for $25! Great value, and all of the $25 ticket price goes to the cause”

The team from Club Shambles are staging their third Rockin for The Homeless event, with $45000 being raised towards a new drop-in centre for Redcliffe.

Mr Nebe went on to say “We are very proud of the fact that this event is the largest of its kind in the region, both in terms of the size and quality of the show, and the amount of money raised for a great cause.”

Rockin for the Homeless raises money for Club 189 – a new drop-in centre to be built in Redcliffe - providing support for homeless families, young people and adults of all ages to learn new skills, improve their health and wellbeing, find employment and develop the confidence to achieve their goals and transform their lives. All of which contribute to homelessness, and the homeless condition.

Rockin for the Homeless 3.0 features the Radiators, Dave Evans and 20 other acts on two stages, massive raffles at the Redcliffe Leagues Club (18+). The event is on Saturday March 12th from 3 p.m. till late.

Tickets and merchandise can be bought and donations made from February 1 by emailing rockin4thehomeless@gmail.com

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Film Reviews with Ange Dean

The word "revenant" is derived from a French word "revenir" meaning to return. Its meaning has come to be interpreted as 'to return after a long absence' or 'to return from the dead'.

The director Algandron Inarritu has done a stupendous job with this fact based story of Hugh Glass, an American frontiersman. Set in the early 1800s it tells the true story of Hugh Glass (played by Leonardo DiCaprio – his performance is outstanding) who is with a hunting party in the wilds of North America when a grizzly bear attacks them. The men fight it off but Hugh Glass is very badly injured. A decision is made by the hunting party to move on leaving two volunteers to stay with Glass until he dies – and then the two men would give Glass a proper burial.

Tom Fitzgerald (played by Tom Hardy of Band of Brothers, and Inception fame) is one of the two men (he is 23 years old), and the other a young nineteen year old Jim Bridger (brilliantly played by Will Poulter). Hawke also remains with Glass (Hawke, by the way is a fictional addition to the story – nevertheless it works into the drama of the film). When the hunting party disappears Hawke is promptly shot by Fitzgerald.

After shooting Hawke, Fitzgerald buries Glass (alive) then catches up with the hunting party announcing Glass had died. The younger man, Bridger, follows along with his more violent companion.

This is one of those tales where truth is stranger than fiction. Glass awakes from his grave and with severe injuries, and near to death and overcome with grief as he becomes aware of his friends' betrayal he makes a decision. He will survive and chase down the men who left him to die. To have survived his awful injuries is amazing but to survive in the brutal wilderness of those times, alone, injured with no resources, is nothing short of a miracle. To have gone through such terrible human suffering to live, shows how remarkable humans can be if there is motivation (whatever the motivation is – good or bad, revenge or love). It is no wonder numerous books and articles have been written about this incredible story. A movie titled "Man in the Wilderness based loosely on Hugh Glass was released in 1971 starring Richard Harris (which my mother claims to have seen).

The visuals of the wild scenery are jaw dropping and breathtaking. This is a violent movie and carries an R rating – so be aware.

I'm giving it four stars.

see more at www.facebook.com/AngeDeanFilmReviewer

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Music Festival Celebrating Australia Day At Mon Komo

Redcliffe locals and visitors can kick back and enjoy this year's Australia Day at Mon Komo Hotel, as they host a six day long weekend music festival.

The venue is set to deliver live entertainment over six days with the first act kicking off on Thursday January 21st with Nyssa Berger from 6pm.

Friday night the Seabrae sees Guest DJ BENIBEE accompanied by resident DJ's Paul Bell, Adrian Bond and SecondSelf from 9pm until early hours of the morning, while in the Cabana Bar well known Redcliffe band The Fonoti Brothers will be delivering R n B covers from 8.30pm onwards followed by DJ Bell until 3am.

Saturday night is set to party with BenJam taking the stage from 4pm to 11.30pm followed by DJ Sin retro rehab until 3am delivering a selection of classics all night. Returning to the Seabrae bar will be resident DJ's with a non-stop party until 3am.

Sunday at Mon Komo Hotel will see the ever popular Komo Del Mar with Brad Wild due supported by DJ Paul Bell from 1pm through to the evening. Come and enjoy some shared food, icy cold Coronas with friends and family on the terrace.

To keep the celebrations going Monday will see an all Aussie beach party kick off in the Seabrae bar from 9pm with an extended close until 3am. MIGS will headline the Aussie beach party with residents DJ's until close. Guests are encouraged to dress in Aussie beach boardies or bikinis.

On Australia Day guests can relax on the outdoor terrace while listening to local duo Brooksey & co from 1pm into the evening. Guests can celebrate and enjoy refreshing drinks and shared plates on the Cabana bar terrace. Alternatively, guests can listen to Triple J's Hottest 100 streamed live in the Seabrae bar all day.

4 Great Reasons to Eat Dark Chocolate!

Dark chocolate has a lot going for it and in this article we share 4 great reasons to give it a go.

1. Dark Chocolate Keeps Your Heart Healthy
Your ticker will love this – according to a 2012 Monash University study published in the British Medical Journal, dark chocolate lowers blood pressure and cholesterol.

In fact, the researchers found that eating chocolate daily (yes, daily!) could avoid 70 non-fatal and 15 fatal cardiovascular events for every 10,000 people in 10 years. Why? It's all down to flavonoids, which are found in dark chocolate.

2. Dark Chocolate Has Healthy Fats
Chocolate is fattening, right? Not necessarily. Most reputable chocolate brands use cocoa butter, which stems from the cacao bean. This butter is very low in polyunsaturated fat. And more filling than other varieties!

3. Dark Chocolate Has Antioxidants
Hail the antioxidants! Thanks to the high antioxidant and polyphenol content of cacao, dark chocolate has been said to help ward off cancer. This is because the antioxidants can reduce the damage caused by free radicals.

4. Dark Chocolate May Control Diabetes
The flavonoids in dark chocolate enhance nitric oxide, which controls insulin sensitivity. Some studies have even shows than chowing down on dark chocolate can reduce the onset of insulin resistance by up to half.

Choose Your Chocolate
Bear in mind that not all dark chocolate is created equal. When shopping for chocolate that produces all of these benefits, be sure to pick up a bar made from at least 70 percent cocoa.

Hunky Hemsworth to sell Australia

Australian actor Chris Hemsworth has been announced as the global ambassador for Tourism Australia's new campaign, which will focus on the country's world-class aquatic and coastal experiences.

Tourism Australia Managing Director, John O'Sullivan, said that whilst Australia would still be the star of its latest campaign, Chris Hemsworth would provide an authentic Australian voice to help tell the country's story globally.

"Chris truly embodies the Australian way of life and his love of his home country, with all its natural beauty, makes him an ideal ambassador," Mr O'Sullivan said.

"From learning how to surf on Phillip Island, fishing with his brothers in the Northern Territory and family beach holidays, Chris has grown up in Australia in and around water and his own personal experiences bring a truly authentic and influential Australian voice to our campaign."

"In Australia you're surrounded by the most incredible natural beauty. Being in the water or near to it is a way of life for us," Chris Hemsworth said.

"It wasn't a hard decision to move back to Australia because this part of the world is such a special place. This is the place I want my kids to grow up – that's the world I want them to be part of.

"I'm really looking forward to launching this new campaign in New York and sharing with the rest of the world just how amazing this country really is," he said.

Tourism Australia's Chief Marketing Officer, Lisa Ronson, said the Hollywood star will launch the country's new campaign focusing on its stunning beaches and coastal experiences, at the global premiere on Australia Day eve in New York.

"Chris is passionate about Australia, with a genuine desire to promote the Australian way of life and therefore makes a great global ambassador for telling the world why there's nothing like Australia," Ms Ronson said.

"This is just the start of a longer-term partnership with Chris and we look forward to further developing our plans after the launch in New York."

Photo by Gage Skidmore

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Four common myths about exercise and weight loss

By Corneel Vandelanotte, CQUniversity Australia

It's that time of year when many are trying, and some are failing, to live up to their New Years' resolution of losing weight. Many of these probably include resolutions to be more physically active in striving for this goal. But first, there are some common misconceptions about exercise and weight loss that need to be addressed.

Myth 1. Exercise is the best way to lose weight

While there is plenty of evidence showing people can lose weight just by being physically active, it is also one of the hardest ways to go about it.

Our energy balance is mostly determined by what we eat and our metabolic rate (the energy you burn when you do nothing). Our energy balance is determined only to a small extent by how active we are. That means losing weight just by being active is very hard work.

The American College of Sports Medicine recommends accumulating 250 to 300 minutes of moderate intensity exercise per week for weight loss. That is twice the amount of physical activity recommended for good health (30 minutes on most days), and most Australians don't even manage that.

The best way to lose weight is through combining a nutritious, low-calorie diet with regular physical activity.

Myth 2. You can't be fat and fit

Inactive people of healthy weight may look OK, but this isn't necessarily the case. When you're not active you have a higher risk of heart disease, diabetes, high blood pressure, osteoporosis, some cancers, depression and anxiety. Several studies have demonstrated the association between premature death and being overweight or obese disappears when fitness is taken into account (although another study disputed this).

This means you can still be metabolically healthy while being overweight, but only if you're regularly active. Of course, people who are fit and of normal weight have the best health outcomes, so there are still plenty of reasons to try to shed some weight.

Myth 3. No pain, no gain

Or in other words, "no suffering, no weight loss". As mentioned earlier, if you want to lose weight by being active, you will need to do a lot of it. But while physical activity of a moderate intensity is recommended, guidelines do not say activity needs to be of vigorous intensity.

Moderate intensity physical activity makes you breathe harder and may make it more difficult to talk, but you should still be able to carry on a conversation (such as brisk walking, riding a bicycle at a moderate pace). This is unlike vigorous physical activity, which will make you completely out of breath and will make you sweat profusely regardless of the weather conditions (such as running).

Moderate intensity physical activity is not painful and does not include excessive suffering to meet your goals. A study of weight loss in groups with higher intensity and lower volumes of activity compared to groups of lower intensity and higher volumes of activity did not find significant differences.

Myth 4. Only resistance training will help you lose weight

Resistance or strength training is good for you for several reasons. It increases functional capacity (the ability to perform tasks safely and independently) and lean body mass, and prevents falls and osteoporosis.

But the main idea for promoting it to lose weight is that muscle mass needs more energy than fat mass, even when at rest. Therefore the more muscular you are, the higher your metabolic rate, which makes it easier to expend the energy you're taking on board.

However, building muscle mass takes a serious effort, and you need to keep doing resistance training or significant loss of muscle mass will occur within weeks. More importantly though, aerobic or endurance training is also good to help you lose weight.

This is an abridged version of a story published by The Conversation, available here: http://ow.ly/X5Yzj.

Your Stars

Aquarius Jan 21-Feb 19: The other party also appears to be having second thoughts. This is good. Sharing reservations puts you back on the same page.

Pisces Feb 20-March 20: Run a background check before you agree to anything. There's good reason to believe that the offer on the table exceeds this persons capacity to deliver.

Aries March 21- April 20: You have a lot of interested takers, but aren't really taken with them. Remember that it's up to them to impress you and not the other way around.

Taurus April 21-May 21: a long time supporter suddenly departs. This leaves you to fend for yourself, but you're up to the challenge.

Gemini May 22-June 21: An on again, off again dalliance is fun, but it's more trouble than it's worth. It's best to skip it altogether.

Cancer June 22-July 23: A face from the past makes reappearance. Approach matters with an open mind. Things have changed since your paths crossed last.

Leo July 24-Aug 23: Things fall apart for a competitor. It's hardly unexpected considering his recklessness. Be sure to learn from his mistakes.

Virgo Aug 24-Sept 23: Why are you reconsidering something you rejected before? Nothing has changed to make it more appealing. Your first judgement call was right.

Libra Sept 24-Oct 23: Its true, people don't owe you a thing. But if you're magnanimous and good natured then they may want too.

Scorpio Oct 24-Nov 22: You're reluctant to part with anything. However the sale of something will be valuable will be instrumental in a dream coming true.

Sagittarius Nov 23-Dec 21: You know that you'll honour your commitment, but there's nothing saying you can't keep people guessing. It's a nice reminder that loyalty is a two way street.

Capricorn Dec 22-Jan 20: A situation you thought was dead in the water shows miraculous signs of life. Take a moment to reflect on where things stand now. It's replete with possibilities.

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NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** Mornings: Summer. (PG) **12.00** Australian Geographic Adventures. **12.30** Cricket. One-Day International Series. Game 5. Australia v India. Afternoon session. **5.00** To Be Advised. **5.30** Cricket. One-Day International Series. Game 5. Australia v India. Evening session. **6.00** Nine News. **6.30** Cricket. One-Day International Series. Game 5. Australia v India. Evening session. Continued. **9.00** World's Scariest. (PG) **10.00** Cycling. Santos Tour Down Under. Stage 5. McLaren Vale to Willunga Hill. 151.5km. Highlights. **11.00** Movie: Assassins. (M) (1995) **1.30** Movie: This Is Spinal Tap. (M) (1984) **3.00** Sue Thomas: F.B.Eye. (PG) **4.00** Anger Management. (M) **4.30** Global Shop. **5.00** Leading The Way. (PG) **5.30** Wesley Impact Summer Series.

GO!

6.00 Children's Programs. **2.00** My Surf TV. **2.30** The Crew. (PG) **3.30** Paddle Boarding. World Paddle Board Championship. Replay. **4.30** Deep Water. (PG) **5.00** Tom And Jerry. **5.30** Scooby-Doo! (PG) **6.00** Movie: The Adventures Of Milo & Otis. (G) (1986) **7.30** Movie: Joe Somebody. (PG) (2001) **9.30** Movie: Arthur. (PG) (2011) **11.35** Sun, Sex And Suspicious Parents. (M) **12.45** Surfing Australia TV. **1.15** GO Surround Sound. (M) **1.30** Tom And Jerry. **2.00** Green Lantern. (PG) **2.30** Yu-Gi-Oh! Arc-V. (PG) **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Wild Kratts. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! Classic. (PG)

SEVEN

6.00 Saturday Disney. **7.00** Weekend Sunrise. **10.00** Tennis. Australian Open. Day 6. **6.00** News. **6.30** Tennis. Australian Open. Night 6. **11.30** Border Security: International. (PG) A backpacker is found with photos of his criminal hobbies. An American band gets caught in a jam. **12.00** State Of Affairs. (M) In the wake of Senator Green's death, President Payton faces growing criticism of her relationship with the CIA. **1.00** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **1.30** Malibu Country. (PG) After a woman discovers her husband has been cheating on her, she moves to Malibu. **2.00** Shopping. **4.00** It Is Written. (PG) Religious program. **4.30** Sons And Daughters. (PG) The colonel's health takes a turn for the worse. **5.00** Dr Oz. (PG) Dr Oz chats with Dr David Perlmutter.

7TWO

6.00 Shopping. **7.00** Saturday Disney. **9.00** Australian Open: Preview Show. **10.00** Tennis. Australian Open. Day 6. **6.00** Tennis. Australian Open. Night 6. **10.00** Tennis. 2009 Australian Open. Men's singles. Final. Rafael Nadal v Roger Federer. Replay. **2.30** Charlie's Angels. (PG) An ageing illusionist is hassled by authorities after a series of suspicious fires plagues his performances. **3.30** This Rugged Coast. Ben Cropp seeks out sea snakes on the Great Barrier Reef and studies them. **5.30** Harry's Practice. Dr Katrina visits Melinda Schneider.

TEN

6.00 Fishing Edge. **6.30** The Home Team. **7.00** iFish. **8.00** Family Feud. **8.30** St10. (PG) **11.00** The Living Room. (PG) **12.00** The Doctors. (PG) **1.00** Everyday Gourmet. **1.30** Andy & Ben Eat The World. **2.00** Places We Go With Jennifer Adams. **2.30** The Home Team. **3.00** Jamie & Jimmy's Food Fight Club. (PG) **4.00** What's Up Down Under. **4.30** Escape Fishing With ET. **5.00** News. **6.00** Jamie's Fifteen Minute Meals. Jamie prepares chilli con carne meatballs. **6.30** Movie: Ice Age 2: The Meltdown. (PG) (2006) Ray Romano. **8.30** Movie: A Good Day To Die Hard. (M) (2013) Bruce Willis, Jai Courtney, Sebastian Koch. After learning his estranged son is in trouble, a New York cop heads to Russia to lend a hand. **10.30** Movie: Strangerland. (MA15+) (2015) Nicole Kidman. **12.50** 48 Hours. (M) **2.00** Shopping. **5.00** Hour Of Power.

ONE

6.00 Netball. International Test Series. Game 2. England v Australia. Continued. **7.00** Shopping. **8.00** Cricket. Big Bash League. Second semi-final. Replay. **11.40** World Sport. **12.00** Extreme Collectors. **12.30** Car Torque. (PG) **1.00** Motor Racing. World Series Sprintcars. **2.00** Monster Jam. **3.00** Black Gold. (PG) **4.00** Extreme Fisherman. (PG) **5.00** Adv Angler. **5.30** Shark Tank. (PG) **6.30** Monster Jam. **7.30** Black Gold. (PG) **8.30** The X-Files. **9.30** The X-Files. (M) **10.30** Bellator MMA. (M) **12.30** The Home Team. **1.00** The Indestructibles. (M) **2.00** World Sport. **2.30** Cricket. Women's Big Bash League. Game 9. Second semi-final. Replay.

ABC

6.00 Rage. (PG) **10.30** Rage Retro Month. (PG) **11.15** Pointless. **12.10** Grand Designs. **1.10** River Cottage Veg Every Day. Final. **2.00** Wild Kitchen With Clayton Donovan. **2.30** Agatha Christie's Miss Marple. (PG) **4.00** Wonders Of Life With Brian Cox. (PG) **5.00** Arthur Phillip: Governor, Sailor, Spy. **5.30** Inspector George Gently. (PG) **7.00** News. **7.30** Our Zoo. (PG) **8.30** Foyle's War. (M) **10.00** Movie: The Trip To Italy. (M) (2014) **11.45** Rage Retro Month. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **1.50** Messy Goes To Okido. **2.05** Mike The Knight. **2.20** Q Pootle 5. **2.30** Let's Go Pocoyo. **2.40** Dinosaur Train. **3.10** dirtgirlworld. **3.30** Play School. **4.00** Bananas In Pyjamas. **4.10** Bubble Bath Bay. **4.25** Mister Maker Around The World. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.35** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Penn & Teller: Fool Us. (PG) **8.15** Lie To You? **8.45** Michael McIntyre's Comedy Roadshow. (PG) **9.30** Live At The Apollo. (M) **10.20** Inside Amy Schumer. (MA15+) **10.40** The Office. (M) **11.10** Extras. (M) **11.40** This Old Thing. **12.30** Michael McIntyre's Comedy Roadshow. (PG) **1.15** Kroll Show. (M) **1.40** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Figure Skating. ISU Grand Prix. Final. Highlights. **3.35** Monster Moves. **4.00** Monster Moves. **4.30** UK Bitesize. **4.35** The Viking Map. (PG) **5.30** Tet. **5.35** Dean Semler's Road To Hollywood. (PG) **6.30** SBS World News. **7.35** The Wonders Of Britain. **8.30** Movie: Vicky Cristina Barcelona. (M) (2008) **10.15** RocKwiz. (PG) **11.15** Vikings. (MA15+) **12.05** Vikings. (MA15+) **1.00** Vikings. (MA15+) **2.00** Vikings. (MA15+) **2.55** Vikings. (MA15+) **3.45** Vikings. (MA15+) Final. **4.50** SBS Flashback. **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

SBS TWO

6.00 WorldWatch. **8.30** Macedonian News. **9.05** Croatian News. **9.40** Serbian News. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Soccer. A-League. Round 16. Brisbane Roar v Adelaide United. Replay. **3.00** Sunday. (PG) **3.10** Departures. (PG) **4.05** The Brain: China. **6.00** Movie: My Neighbour Totoro. (PG) (1988) **7.35** If You Are The One. **8.35** Where The Wild Men Are With Ben Fogle. (PG) **9.25** Trivia Nights. (M) **10.15** 24: India. (M) **11.05** 24: India. (MA15+) **11.55** 24: India. (M) **12.45** Movie: Midnight FM. (AV15+) (2010) **2.40** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR.

MOVIES

5.05pm Unbroken (2014) Biography. Jack O'Connell, Garrett Hedlund. (M) *Premiere*

7.30pm Mr & Mrs Smith (2005) Action. Brad Pitt, Angelina Jolie. (M) *Action*

9.55pm Harry Potter And The Deathly Hallows: Part 1 (2010) Fantasy. Daniel Radcliffe. (M) *Family*

GENERAL

5.30pm My Big Redneck Vacation. (PG) *A&E*

7.30pm Whose Line Is It Anyway? (MA15+) *Comedy Channel*

8.00pm Off Their Rockers. (M) *Comedy Channel*

DOCUMENTARY

4.30pm Michael Palin's New Europe. (PG) *History*

9.30pm Rufus Wainwright: Live In London. (M) *Arts*

SPORT

6.30pm Cricket. Fourth Test. South Africa v England. Day 2. *Fox Sports 2*

6.30pm Basketball. NBL. Round 16. Cairns Taipans v New Zealand Breakers. *Fox Sports 3*

7.00pm Golf. European PGA Tour. Abu Dhabi HSBC Championship. Third round. *Fox Sports 1*

2301

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** My Surf TV. **10.30** Ironman. Kellogg's Nutri-Grain Series. Round 1. **12.30** Cycling. Santos Tour Down Under. Final stage. King William Road to King William Road. 90km. **3.30** Endangered. **4.30** To Be Advised. **5.00** News: First At Five. **5.30** Customs. (PG) **6.00** Nine News. **7.00** 60 Minutes. **8.00** Animal Super Parents. (PG) **9.10** The Mentalist. (M) **10.10** The Mentalist. (M) Final. **11.10** Cycling. Santos Tour Down Under. Final stage. King William Road to King William Road. 90km. Highlights. **12.10** ManSpace. (M) **1.10** V.I.P. (M) **2.00** Spyforce. (PG) **3.00** Global Shop. **3.30** Skippy. **4.00** GMA. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **10.30** The Batman. (PG) **11.00** Power Rangers Dino Charge. (PG) **11.30** Rabbids. (PG) **12.00** Sonic Boom. (PG) **12.30** SpongeBob SquarePants. **1.30** Wild Kratts. **2.00** Yu-Gi-Oh! Arc-V. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** Teen Titans Go! (PG) **4.00** Yo-Kai Watch. (PG) **4.30** The Batman. (PG) **5.00** Scooby-Doo! (PG) **5.30** Looney Tunes. **6.00** Thunderbirds Are Go. (PG) **6.30** Movie: Dolphin Tale. (PG) (2011) **8.45** Movie: The Last Samurai. (M) (2003) **11.45** Anger Management. (M) **12.10** The Cube. (PG) **1.10** All The Right Moves. (PG) **2.05** Looney Tunes. (PG) **2.30** Yo-Kai Watch. (PG) **3.00** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Wild Kratts. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! Classic. (PG)

SEVEN

6.00 Doc McStuffins. **6.30** Miles From Tomorrowland. **7.00** Weekend Sunrise. **10.00** Tennis. Australian Open. Day 7. **6.00** News. **6.30** Tennis. Australian Open. Night 7. **11.30** Hustling America. (PG) British actor Alexis Conran pulls a con. **12.30** State Of Affairs. (M) A terrorist escapes custody. **1.30** Malibu Country. (PG) **2.00** Shopping. **4.00** NBC Press. **5.00** Sunrise Extra. **5.30** News.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Michael Youssef. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written. (PG) **9.00** Australian Open: Preview Show. **10.00** Medical Emergency. (PG) **11.00** Escape To The Country. **1.00** Dealers. (PG) **4.00** 60 Minute Makeover. (PG) **6.00** Tennis. Australian Open. Night 7. **6.30** Bargain Hunt. Tim Wonnacott and the teams head to the historic city of Edinburgh, in search of relics of the past. **7.30** House Wreck Rescue. (PG) After falling in love on a previous build, property developer Jo and builder Mike buy Lanwarnick farm, in Cornwall. **8.30** Escape To The Country. Aled Jones helps a couple from Wimbledon escape the suburbs for countryside living. **10.30** Best Houses Australia. A look at a modern mansion in Sydney and a home with breathtaking views in the Whitsundays. **11.30** Tennis. 2008 Australian Open. Semi-final. Jo Wilfried Tsonga v Rafael Nadal. Replay. **1.30** Medical Emergency. (PG) **2.00** The Zoo. **2.30** Dealers. (PG) **4.00** Escape To The Country.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** The Home Team. **8.30** St10. (PG) **11.00** Just Go. **11.30** People Of The Vines. **12.00** GCBC. **12.30** Cricket. Women's Big Bash League. Grand Final. **4.00** iFish. **5.00** News. **6.00** Cricket. Big Bash League. Grand Final. **9.40** Movie: Unstoppable. (M) (2010) Denzel Washington, Chris Pine, Rosario Dawson. A veteran engineer and a young conductor try to stop a runaway train from crashing into a populated area. **11.40** Movie: Drive Hard. (MA15+) (2014) John Cusack, Thomas Jane. **1.40** 48 Hours. (M) A look at the story of Karla Mendez Brada. **2.30** Shopping. **4.00** James Robison. (PG) Religious program. **4.30** CBS Morning. Morning news and talk show.

ONE

6.00 Shopping. **8.00** The Indestructibles. (PG) **9.00** Escape Fishing With ET. **9.30** Extreme Fishing. (PG) **10.30** Reel Rock. (PG) **11.00** Fishing Edge. **11.30** The Indestructibles. (PG) **1.30** World Sport. **2.00** Car Torque. (PG) **2.30** Motor Racing. Race To The Sky. Replay. **3.30** Undercover Boss. (PG) **4.30** Megafactories. **5.30** What's Up Down Under. **6.00** Cops. (PG) **6.30** M*A*S*H. (PG) **7.30** Scorpion. (PG) **8.30** Dolphins: Spy In The Pod. **9.30** Movie: One Night At McCool's. (MA15+) (2001) Liv Tyler, Michael Douglas, John Goodman. **11.30** World Sport. **12.00** Black Gold. (PG) **1.00** Undercover Boss. (M) **2.00** The Indestructibles. (PG) **4.00** Netball. International Test Series. Game 3. England v Australia.

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **10.00** Making Australia Great: Inside Our Longest Boom. (PG) **11.00** Australia Wide. **11.30** Praise. **12.00** A Taste Of Landline. **12.30** Back Roads. Final. **1.00** Our Zoo. (PG) **2.00** Soccer. W-League. Semi-final. Canberra United v Sydney FC. **4.30** Kitchen Cabinet. (PG) **5.05** Time Scanners. (PG) **6.00** Antiques. **7.00** News. **7.40** Grand Designs. **8.30** Vera. (M) **10.00** Movie: The Outlaw Michael Howe. (M) (2013) **11.20** Sounds Like Teen Spirit: triple j At 40. (M) **12.35** Rage. (MA15+) **2.50** A Quiet Word With… Richard E. Grant. (M) **3.20** Vera. (M) **5.00** Compass. **5.30** Eggheads.

ABC2

6.00 Children's Programs. **4.10** Bubble Bath Bay. **4.25** Mister Maker Around The World. **4.45** The Furchester Hotel. **5.00** The Gruffalo. **5.25** The Gruffalo's Child. **5.55** Peppa Pig. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.35** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Build A New Life In The Country. **8.15** Dream Build. **8.25** Gruen Pitch Rewind. (PG) **8.30** Movie: The Twilight Saga: Breaking Dawn – Part 2. (M) (2012) **10.15** Buzzcocks. (M) **10.45** Kids With Tourette's: In Their Own Words. (M) **11.35** Louis Theroux's Weird Weekends. (M) **12.25** Nick Baker's Weird Creatures. **1.15** Swamp Brothers. (PG) **1.35** Deadly 60. **2.10** News Update. **2.15** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** The World Game. **2.00** Speedweek. **4.00** Trawlermen. **4.30** Griff Rhys Jones: Destination Burma. (PG) **5.30** Hostages Of The SS. (PG) **6.30** SBS World News. **7.35** Neanderthal Apocalypse. (PG) **9.15** Human Limits. **11.15** Movie: The Maid. (M) (2009) **1.00** Movie: Rab Ne Bana Di Jodi. (PG) (2008) **3.55** The Real Man's Road Trip. (PG) **4.50** The Hunter. (PG) **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

SBS TWO

6.00 WorldWatch. **7.30** Polish News. **8.00** Maltese News. **8.30** Macedonian News. **9.00** PopAsia. (PG) **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Movie: My Neighbour Totoro. (PG) (1988) **2.35** Duck Quacks Don't Echo. (PG) **3.25** Streetosphere. (PG) **4.00** Be Your Own Boss. (M) **5.05** Iron Chef. **5.50** The Brain: China. **7.35** If You Are The One. **8.35** The Family Law. (M) **9.05** Drunk History. (M) **9.30** South Park. (M) **9.55** Russell Howard's Good News. (M) **10.30** G-Spotting: A Story Of Pleasure And Promise. (MA15+) **11.30** How To Get More Sex. (M) **11.55** In Her Skin. (M) **12.45** In Her Skin. (M) **1.40** Movie: Bang-Bang Wedding! (PG) (2008) **3.15** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES

5.35pm The Protector (2005) Action. Tony Jaa, Petchtai Wongkamlao. (MA15+) *World Movies*

6.30pm Yogi Bear (2010) Family. Dan Aykroyd, Justin Timberlake. (G) *Family*

7.30pm Get Hard (2015) Comedy. Will Ferrell, Kevin Hart. (MA15+) *Premiere*

GENERAL

6.30pm Modern Family. (M) *FOX8*

6.35pm Bones. (MA15+) *SoHo*

7.30pm Archer. (MA15+) *Comedy Channel*

DOCUMENTARY

6.20pm Sweets Made Simple. (PG) *Lifestyle Food*

7.30pm Kangaroo Mob. (PG) *National Geo Wild*

9.30pm Super Soul Sunday. (PG) *TLC*

SPORT

11.30am Basketball. NBA. Chicago Bulls v Cleveland Cavaliers. *ESPN*

4.00pm Soccer. A-League. Round 16. Newcastle Jets v Perth Glory. *Fox Sports 4*

6.30pm Cricket. Fourth Test. South Africa v England. Day 3. *Fox Sports 2*

2401

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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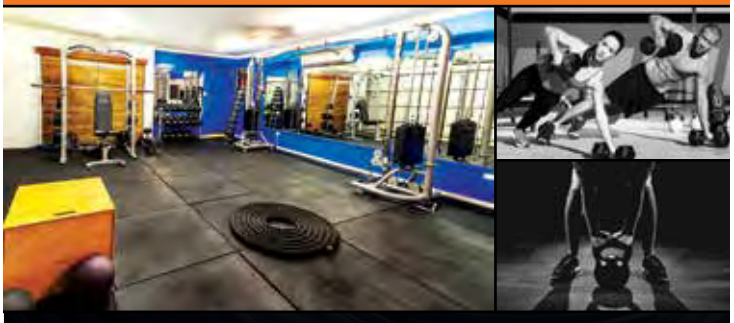
FOOD PLANS | SUPPLEMENTS | AND MUCH MORE

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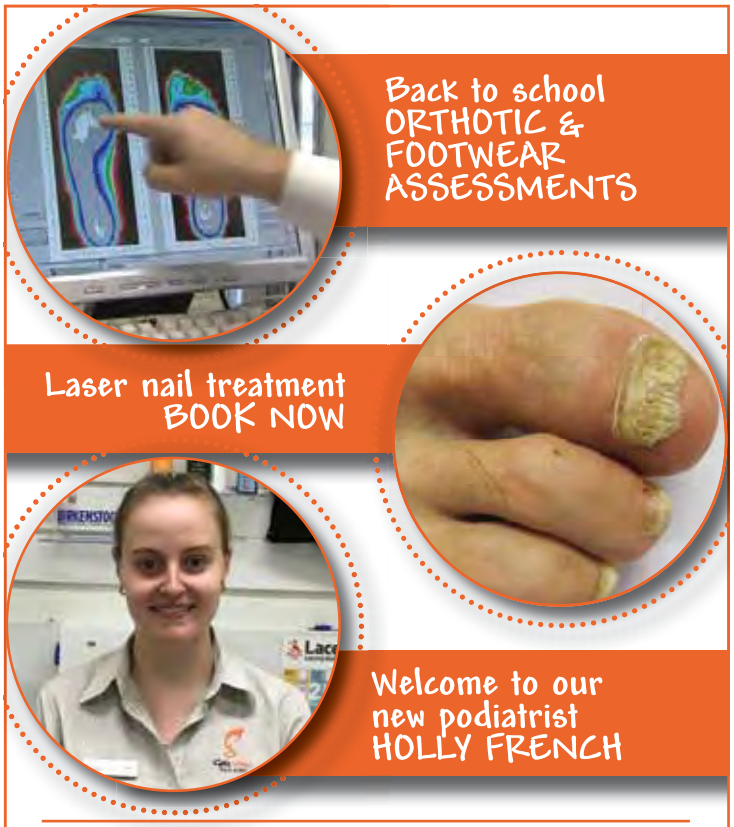

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NINE

6.00 Today. **9.00** Mornings: Summer. (PG) **11.30** Morning News. **12.00** Ellen. (PG) **1.00** Movie: Clara's Heart. (PG) (1988) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Ready For Takeoff. (PG) **8.00** Ready For Takeoff. (PG) **8.30** Movie: Ocean's Twelve. (M) (2004) **11.00** CSI. (M) **12.00** Underbelly: Badness. (M) **1.00** V.I.P. (M) **2.00** Danoz. **2.30** Global Shop. **3.00** Extra. **3.30** GMA. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **8.30** Yo-Kai Watch. (PG) **9.00** Magical Tales. **9.30** Little Charmers. **10.00** SpongeBob SquarePants. **10.30** PAW Patrol. **11.00** Yu-Gi-Oh! Classic. (PG) **11.30** Scooby-Doo! (PG) **12.00** Young Justice. (PG) **12.30** The Batman. **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! Arc-V. (PG) **2.30** Wild Kratts. **3.00** SpongeBob SquarePants. **3.30** Thunderbirds Are Go. (PG) **4.00** Scooby-Doo! (PG) **4.30** Young Justice. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Auction Hunters. (PG) **8.00** Top Gear. (PG) **9.30** Movie: Platoon. (MA15+) (1986) **12.00** Supernatural: The Animated Series. (MA15+) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Thunderbirds Are Go. (PG) **2.00** Wild Kratts. **2.30** The Batman. **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Yu-Gi-Oh! Arc-V. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! Classic. (PG)

SEVEN

6.00 Sunrise. **9.00** Australian Open: Highlights. **9.30** Australian Open: Preview Show. **10.00** Tennis. Australian Open. Day 8. **6.00** News. **7.00** Tennis. Australian Open. Night 8. **11.30** Hustling America. (M) Alex heads to Las Vegas. **12.30** Malibu Country. (PG) **1.00** Malibu Country. (PG) **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** Sunrise Extra. **5.30** News.

7TWO

6.00 Shopping. **7.00** Match It. **7.30** The Woodlies. **8.00** Australian Open: Highlights. **9.00** Home And Away. (PG) **9.30** NBC Today. **10.30** NBC Press. **11.30** Medical Emergency. (PG) **12.00** Dr Oz. (PG) **1.00** Charlie's Angels. (PG) **3.00** Who's The Boss? (PG) **3.30** I Dream Of Jeannie. **4.00** 60 Minute Makeover. (PG) **5.00** Bargain Hunt. **6.00** Tennis. Australian Open. Night 8. **7.00** Motorway Patrol. (PG) Police pull over a driver in a bid to stop violence. Officers confront a car thief. **7.30** Cities Of The Underworld. (PG) Takes a look at Sydney's past, from the role of convict labour in the new colony to the lure of the gold rush. **8.30** Lewis. (M) DI Lewis returns to Oxford after several years' absence and investigates the murder of an Oxford mathematics student. **10.30** Air Crash Investigations. (PG) A Swissair flight crashes into the Atlantic. **11.30** Tennis. 2008 Australian Open. Round 3. Roger Federer v Janko Tipsarevic. Replay. **3.30** Bargain Hunt. **4.30** Air Crash Investigations. (PG) **5.30** Harry's Practice.

TEN

6.00 Ent. Tonight. **6.30** GCBC. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud Favourites. **8.30** Studio 10. (PG) **11.00** Far Flung. **12.00** Dr Phil. (PG) **1.00** The Talk. **2.00** Ent. Tonight. **2.30** Everyday Gourmet. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Two families try to win big prizes by guessing the most popular responses to a survey of the public. **6.30** The Project. Join the hosts for a look at the day's news, events and hot topics. **7.30** Movie: The Best Exotic Marigold Hotel. (PG) (2011) Judi Dench, Bill Nighy. A group of retirees travels to India. **10.00** Movie: Backyard Ashes. (M) (2013) Andrew S. Gilbert, John Wood. Two backyard cricket teams battle it out. **12.00** The Project. A look at the day's news. **1.00** The Doctors. (PG) **2.00** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Cricket. Big Bash League. Grand Final. Replay. **11.40** World Sport. **12.00** The Biggest Loser USA. (PG) Return. **2.00** Black Gold. (PG) **3.00** Adv Angler. **3.30** iFish Summer. **4.00** Diagnosis Murder. (PG) **5.00** Operation Repo. (PG) **5.30** Whacked Out Sports. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Undercover Boss. (PG) **9.30** Black Gold. (PG) **10.30** The Indestructibles. (PG) **11.30** Operation Repo. (PG) **12.00** The Home Team. **12.30** Shopping. **1.30** Diagnosis Murder. (PG) **2.30** Cricket. Women's Big Bash League. Grand Final. Replay.

ABC

6.00 News. **8.00** ABC News. **10.00** Gardening Aust. **10.30** Grand Designs. **11.30** The Mix. **12.00** News. **1.00** Antiques. **2.00** Time Scanners. (PG) **3.00** Eggheads. **3.30** Soccer. W-League. Semi-final. **6.00** One Plus One Redux. **6.15** Pointless. (PG) **7.00** News. **7.30** Australian Of The Year. **9.00** Movie: The Broken Shore. (M) (2013) **10.45** ABC News: Late Edition. **10.55** Jimmy Fallon. (PG) **11.40** Golf. USPGA Tour. CareerBuilder Challenge. Highlights. **12.35** Rage. (MA15+) **3.05** Movie: Fighting Father Dunne. (PG) (1948) **5.00** Churches On Trial: A Compass Special. (PG) **5.30** Australia's Remote Islands.

ABC2

6.00 Children's Programs. **4.00** Bananas In Pyjamas. **4.10** Bubble Bath Bay. **4.25** Mister Maker Around The World. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.35** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** River Monsters. (PG) **8.20** Back Seat Drivers. (PG) **8.30** Louis Theroux's Weird Weekends. (M) **9.20** Ross Kemp On Gangs. (MA15+) **10.05** Adam Hills: The Last Leg. (M) **10.50** Movie: The Twilight Saga: Breaking Dawn – Part 2. (M) (2012) **12.35** River Monsters. (PG) **1.25** Adam Hills: The Last Leg. (M) **2.10** News Update. **2.15** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **12.00** Arabic News. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** Phillippe Jaroussky: A High Pitched Portrait. **3.00** The Lakes. **3.30** If Walls Could Talk. **4.30** Historic Walks. **5.00** Historic Walks. **5.30** Letters And Numbers. **6.00** Poh's Kitchen. **6.30** SBS World News. **7.30** Cosmic Dawn: Real Moment Of Creation? **8.30** Trawlermen: The Catch. (MA15+) **9.25** The Tribe. (M) **10.25** SBS World News Late Edition. **11.00** Trivia Nights. (M) **11.50** Movie: Only God Forgives. (MA15+) (2013) **1.30** Hard. (MA15+) **2.05** Hard. (MA15+) Final. **2.35** America's Stoned Kids. (M) **3.35** 24 Hours In Emergency. (M) **4.45** Pandy. (M) **5.00** CCTV English News. **5.30** NHK World English News.

SBS TWO

6.00 WorldWatch. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Romanian News. **4.00** Dara Ó Briain: School Of Hard Sums. Final. **4.50** Urban Freestyler. **5.00** Vs Arashi. **5.50** The Office. (PG) **6.15** The Office. (PG) **6.40** If You Are The One. **7.35** Community. (PG) **8.00** Community. (PG) **8.30** The Returned. (M) **9.30** Movie: Burning Man. (MA15+) (2011) **11.35** The Sarah Silverman Program. (M) **12.00** Free Radio. (M) **12.30** RuPaul's Drag Race. (M) **1.20** RuPaul's Drag Race. (M) **2.10** The Final Member. (MA15+) **3.35** RT News In English From Moscow. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR.

MOVIES

5.50pm Dracula: Dead And Loving It (1995) Comedy. Leslie Nielsen, Peter MacNicol. (PG) *Comedy*

7.30pm Lantana (2001) Thriller. Anthony LaPaglia, Rachael Blake. (M) *Masterpiece*

8.05pm Spice World (1997) Comedy. Melanie Brown, Geraldine Halliwell. (PG) *Family*

GENERAL

6.35pm The Leisure Class. (MA15+) *Showcase*

7.30pm Vikings. (MA15+) *FX*

7.30pm Elementary. (M) *SoHo*

DOCUMENTARY

7.30pm Possum Wars. (PG) *National Geographic Wild*

7.30pm What's The Right Diet For You? *Lifestyle You*

8.30pm Million Dollar American Princesses. *History*

SPORT

6.00am Gridiron. NFL Playoffs. *ESPN*

10.00am Golf. Champions Tour. Mitsubishi Electric Championship. Final round. *Fox Sports 1*

8.30pm Basketball. NBL. Round 17. Perth Wildcats v Cairns Taipans. *Fox Sports 3*

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

2501

"A Church with you in mind!"
Life! Church
Kallangur 9:30am
Kallangur State School
Cnr Old Gympie & Storey Rd
Kallangur
Life! Church
North Lakes 5pm
North Lakes State College
Performing Arts Center
Joyner Circuit, North Lakes
We want to invite you to come along to one of our two Sunday Services. Whether you have been to Church before, or you have never attended a Church Service, you are welcome to come to Life! Church. For more information, please go to our website.
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www.thelifechurch.org.au

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Register for a tour and experience Northpine's unique learning environment.
NORTHPINE
CHRISTIAN COLLEGE

NINE

6.00 Today. **9.00** Mornings: Summer. (PG) **11.30** Morning News. **12.00** Ellen. (PG) **1.00** Movie: The Secret Garden. (G) (1993) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **6.30** Cricket. Twenty20 International. Game 1. Australia v India. **10.00** Movie: Above The Law. (MA15+) (1988) **12.00** 20/20. **1.00** Anger Management. (M) **1.30** Danoz. **2.30** Global Shop. **3.00** Extra. **3.30** GMA. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **9.00** Magical Tales. **9.30** Little Charmers. **10.00** SpongeBob SquarePants. **10.30** PAW Patrol. **11.00** Yu-Gi-Oh! Classic. (PG) **11.30** Scooby-Doo! (PG) **12.00** Young Justice. (PG) **12.30** The Batman. **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! Arc-V. (PG) **2.30** Wild Kratts. **3.00** SpongeBob SquarePants. **3.30** Rabbids. (PG) **4.00** Scooby-Doo! (PG) **4.30** Young Justice. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** For The Love Of Cars. (PG) **8.30** Storage Hunters UK. (PG) **9.00** Storage Hunters. (PG) **9.30** Movie: Sphere. (M) (1998) **12.10** Supernatural: The Animated Series. (M) **12.35** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Rabbids. (PG) **2.00** Wild Kratts. **2.30** The Batman. **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Yu-Gi-Oh! Arc-V. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! Classic. (PG)

SEVEN

6.00 Sunrise. **10.00** Tennis. Australian Open. Day 9. Quarter-finals. **6.00** News. **7.00** Tennis. Australian Open. Night 9. Quarter-finals. **11.30** The Goldbergs. (PG) Murray takes Erica to the roller rink. **12.00** Harry's Practice. Information about pet care. **12.30** Malibu Country. (PG) **1.00** Malibu Country. (PG) **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** Sunrise Extra. **5.30** News.

7TWO

6.00 Shopping. **7.00** Match It. **7.30** The Woodlies. **8.00** Australian Open: Highlights. **9.30** Australian Open: Preview Show. **10.00** NBC Today. **12.00** Dr Oz. (PG) **1.00** Charlie's Angels. (PG) **3.00** Who's The Boss? (PG) **3.30** I Dream Of Jeannie. **4.00** 60 Minute Makeover. (PG) **5.00** Bargain Hunt. **6.00** Tennis. Australian Open. Night 9. Quarter-finals. **7.00** Motorway Patrol. (PG) A shocking crash on the Southern Motorway reveals a stash of weapons and drugs. **7.30** Pie In The Sky. (PG) Fisher takes Henry to Bath, where an undercover police officer has seemingly become the third victim of a serial killer. **8.30** Endeavour. (M) After a hit-and-run accident claims the life of a well-respected professor, authorities may be dealing with a case of foul play. **10.30** Life On The Edge. (PG) A look at Sydney Harbour, which has undergone a remarkable journey. **11.30** Tennis. 2005 Australian Open. Women's singles. Semi-final. Maria Sharapova v Serena Williams. Replay. **2.30** Bargain Hunt. **3.30** Pie In The Sky. (PG) **4.30** This Rugged Coast. **5.30** Harry's Practice.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** Bondi Vet. (PG) **12.00** Dr Phil. (PG) **1.00** The Talk. **2.00** Ent. Tonight. **2.30** Everyday Gourmet. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **6.30** The Project. Join the hosts for a look at the day's news, events and hot topics. **7.30** The Australia Day Concert: Live At Sydney Opera House. A celebration of the spirit of Australia, from the Sydney Opera House. **9.30** Graham Norton. (M) Irish comedian Graham Norton chats with celebrity guests from Australia. **10.30** NCIS: LA. (M) A rogue agent is investigated. **11.30** The Project. A look at the day's news. **12.30** The Doctors. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** The Indestructibles. (PG) **9.00** Robots In Flight. **10.00** Totally Wild. **10.30** Places We Go. **11.00** M*A*S*H. (PG) **12.00** The Biggest Loser USA. (PG) **2.00** Megafactories. **3.00** Adv Angler. **3.30** iFish Summer. **4.00** Diagnosis Murder. (PG) **5.00** Operation Repo. (PG) **5.30** Whacked Out Sports. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Extreme Fishing. (PG) **9.30** 48 Hours. **10.30** Tyrant. (M) Return. **11.30** Operation Repo. (PG) **12.00** The Home Team. **12.30** Shopping. **2.00** Diagnosis Murder. (PG) **3.00** The Indestructibles. (PG) **5.00** Reel Rock. (PG) **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **9.00** ABC News. **10.00** Australia Day Flag Raising And Citizenship Ceremony. **11.15** ABC News On Australia Day. **12.00** News. **1.00** Adam Hills In Gordon St Tonight. (PG) **2.00** Australian Of The Year. **3.30** Aust Story. **4.00** 70 Years Of ABC Rural. **5.00** News. **5.25** Grand Designs. (PG) **6.10** Pointless. **6.55** Governor-General's Australia Day Address. **7.00** News. **7.30** 7.30. **8.00** Kangaroo Dundee. Final. **8.30** Restoration Man. (PG) Final. **9.20** Miniseries: Inside Men. (M) **10.15** ABC News: Late Edition. **10.25** Jimmy Fallon. (PG) **11.10** Fortitude. (MA15+) **12.00** Rage. (MA15+) **2.15** Restoration Man. (PG) **3.05** Miniseries: Inside Men. (M) **4.00** Fortitude. (MA15+) **5.00** Compass. **5.30** Eggheads.

ABC2

6.00 Children's Programs. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.35** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** River Monsters. (PG) **8.20** Back Seat Drivers. **8.30** Special Forces: Ultimate Hell Week. (M) **9.30** Banged Up Abroad. (M) **10.15** Adam Hills: The Last Leg. (M) **11.00** Ross Kemp On Gangs. (MA15+) **11.50** Sh*tsville Express. (PG) **12.25** Teen Dad. (PG) **1.10** Teen Dad. (PG) **1.55** News Update. **2.00** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Mozart In Prague: Rolando Villazon On Don Giovanni. **3.05** Railway Walks. Final. **3.35** Make Me… (PG) **4.30** Wildest Arctic. (PG) **5.30** Letters And Numbers. **6.00** Poh's Kitchen. **6.30** SBS World News. **7.30** Queen Victoria's Children. (PG) **8.30** The Logan Project. (PG) **9.30** The Logan Project. (PG) **10.25** SBS World News Late Edition. **11.00** Movie: Buck. (PG) (2011) **12.35** The Man Who Jumped. (M) **1.40** Cendrillon. **4.20** Food Lovers' Guide. **4.55** Prick. (M) **5.00** CCTV English News. **5.30** NHK World English News.

SBS TWO

6.00 WorldWatch. **9.40** Serbian News. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Nepali News. **4.00** Mysterious Cities Of Gold. (PG) **4.35** Lois. **4.45** Vs Arashi. **5.45** The Office. (PG) **6.10** The Office. (PG) **6.40** If You Are The One. **7.35** Brooklyn Nine-Nine. (PG) **8.05** Brooklyn Nine-Nine. (PG) **8.30** The Island With Bear Grylls USA. (PG) **9.20** Unplanned America. Return. **9.50** Unplanned America. **10.20** What Happens In Kavos. (MA15+) **11.15** South Park. (M) **11.40** Cordon. (M) **12.40** In The Flesh. (M) **1.45** Movie: The Recipe. (M) (2010) **3.40** France 24 News In English From Paris. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR.

MOVIES

5.30pm Wild (2014) Biography. Reese Witherspoon, Laura Dern. (MA15+) *Masterpiece*

7.30pm The Little Death (2014) Comedy. Josh Lawson, Bojana Novakovic. (MA15+) *Premiere*

8.15pm Night At The Museum: Secret Of The Tomb (2014) Comedy. Ben Stiller, Robin Williams. (PG) *Family*

GENERAL

7.30pm Brooklyn Nine-Nine. (M) *Universal Channel*

7.30pm The Last Ship. (MA15+) *FX*

8.30pm Baskets. (MA15+) *Comedy Channel*

DOCUMENTARY

7.30pm Men, Women, Wild. (M) *Discovery*

10.00pm INXS: Mystify Live At Rockpalast. (M) *Foxtel Arts*

SPORT

10.00am Basketball. NBA. Minnesota Timberwolves v Cleveland Cavaliers. *ESPN*

12.30pm Cricket. One-day International Series. New Zealand v Pakistan. Game 1. *Fox Sports 2*

6.30pm Soccer. A-League. Melbourne Victory v Sydney FC. *Fox Sports 4*

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

2601

Envision for HAIR
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3491 6786

NINE

6.00 Today. **9.00** Mornings: Summer. (PG) **11.30** Morning News. **12.00** Ellen. (PG) **1.00** Movie: Pee-Wee's Big Adventure. (PG) (1985) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** RBT. (PG) **8.00** RBT. (PG) **10.30** Inside Story. **11.30** Clipped. (PG) **12.00** Sue Thomas: F.B.Eye. (PG) **1.00** Anger Management. (M) **1.30** Danoz. **2.30** Extra. **3.00** Global Shop. **3.30** GMA. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **9.30** Little Charmers. **10.00** SpongeBob SquarePants. **10.30** PAW Patrol. **11.00** Yu-Gi-Oh! Classic. (PG) **11.30** Scooby-Doo! (PG) **12.00** Young Justice. (PG) **12.30** The Batman. **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! Arc-V. (PG) **2.30** Wild Kratts. **3.00** SpongeBob SquarePants. **3.30** Rabbids. (PG) **4.00** Scooby-Doo! (PG) **4.30** Young Justice. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Two And A Half Men. (PG) **8.30** Carl Barron: Live Classic. **10.00** Balls Of Steel Australia. (MA15+) **11.00** South Beach Tow. (M) **12.00** Supernatural: The Animated Series. (MA15+) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Rabbids. (PG) **2.00** Wild Kratts. **2.30** The Batman. **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Yu-Gi-Oh! Arc-V. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! Classic. (PG)

SEVEN

6.00 Sunrise. **9.00** Australian Open: Highlights. **9.30** Australian Open: Preview Show. **10.00** Tennis. Australian Open. Day 10. Quarter-finals. **6.00** News. **7.00** Tennis. Australian Open. Night 10. Quarter-finals. **11.30** Hustling America. (PG) **12.30** Malibu Country. (PG) **1.00** Malibu Country. (PG) **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** Sunrise Extra. **5.30** News.

7TWO

6.00 Shopping. **7.00** Match It. **7.30** The Woodlies. **8.00** Australian Open: Highlights. **9.00** Home And Away. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** Charlie's Angels. (PG) **3.00** Who's The Boss? (PG) **3.30** I Dream Of Jeannie. **4.00** 60 Minute Makeover. (PG) **5.00** Bargain Hunt. **6.00** Tennis. Australian Open. Night 10. Quarter-finals. **7.00** Motorway Patrol. (PG) A woman is trapped in a wreck. **7.30** Jonathan Creek. (M) A contemporary expressionist painter is found murdered, in his South London home, and his wife is the main suspect. **8.30** The Inspector Lynley Mysteries. (M) Havers is at a retreat in Cornwall and Lynley is visiting his mother nearby, when a neighbouring horse trainer is found hanged in his stable. **10.30** I Shouldn't Be Alive. (M) Teenagers get lost in the Grand Canyon. **11.45** Tennis. 2004 Australian Open. Women's Final. Justine Henin v Kim Clijsters. Replay. **2.00** Shopping. **4.00** I Shouldn't Be Alive. (M) **5.00** Bargain Hunt.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** Bondi Vet. (PG) **12.00** Dr Phil. (PG) **1.00** The Talk. **2.00** Ent. Tonight. **2.30** Everyday Gourmet. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Modern Family. (PG) The family travels to Australia. **8.00** Modern Family. (PG) The kids play a joke on their parents. **8.30** Movie: Red 2. (M) (2013) Bruce Willis, John Malkovich. A retired spy tracks down a nuclear device. **10.50** Hawaii Five-0. (M) **11.50** The Project. **12.50** The Doctors. (PG) **2.00** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** The Indestructibles. (PG) **9.00** Fishing Edge. **9.30** Pyros In Paradise. **10.30** Reel Rock. (PG) **11.00** M*A*S*H. (PG) **12.00** The Biggest Loser USA. (PG) **2.00** Undercover Boss. (PG) **3.00** Adv Angler. **3.30** iFish Summer. **4.00** Diagnosis Murder. (PG) **5.00** Operation Repo. (PG) **5.30** Whacked Out Sports. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Megafactories. **8.30** Cops. (PG) **9.00** Cops: Adults Only. (M) **9.30** Movie: Battle For The Planet Of The Apes. (PG) (1973) Roddy McDowall. **11.30** Operation Repo. (PG) **12.00** The Home Team. **12.30** Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Cops. (PG) **3.30** Cops: Adults Only. (M) **4.00** The Indestructibles. (PG) **5.00** Fishing Edge. **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **8.00** ABC News. **10.00** Gardening Aust. **10.25** Grand Designs. (PG) **11.15** Pointless. **12.00** News. **12.30** Press Club. **1.30** Jennifer Byrne Presents. **2.00** Kangaroo Dundee. **2.30** Catalyst. **3.00** One Plus One. **3.30** Aust Story. **4.00** The Cook And The Chef. **4.30** Eggheads. **5.00** News. **5.25** Grand Designs. **6.15** Pointless. **7.00** News. **7.30** 7.30. **8.00** Lie To You? Final. **8.30** Miss Fisher's Murder Mysteries. (M) Final. **9.25** The Musketeers. Final. **10.20** ABC News: Late Edition. **10.35** Jimmy Fallon. (PG) **11.15** Timothy. (M) **11.45** The Kumars. (M) **12.15** Rage. (MA15+) **2.15** Movie: Magic Town. (G) (1947) **3.55** The Musketeers. **5.00** Compass. (PG) **5.30** Eggheads.

ABC2

6.00 Children's Programs. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.35** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** River Monsters. (PG) **8.20** Back Seat Drivers. **8.30** Secrets Of China. (PG) **9.25** Bodyshockers: Nips, Tucks And Tattoos. **10.15** Adam Hills: The Last Leg Of The Year. (M) **10.55** Special Forces: Ultimate Hell Week. (M) **12.00** Banged Up Abroad. (M) **12.45** Wild Things With Dominic Monaghan. (PG) **1.35** Scrapheap Challenge. **2.25** News Update. **2.30** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Cathedrals Of Culture. **2.30** Cathedrals Of Culture. **3.00** The World From Above. **3.30** Harlots, Housewives And Heroines. (PG) **4.30** Edwardian Insects On Film. **5.30** Letters And Numbers. **6.00** Poh's Kitchen. **6.30** SBS World News. **7.35** Tony Robinson's Wild West. (PG) **8.30** 24 Hours In Emergency. (M) **9.30** The Missing. (MA15+) **10.35** SBS World News Late Edition. **11.05** The Rise Of ISIS. (MA15+) **12.10** Movie: Persepolis. (M) (2007) **1.55** The Magic Flute. **4.45** SBS Flashback. (PG) **5.00** CCTV English News. **5.30** NHK World English News.

SBS TWO

6.00 WorldWatch. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** African News. **4.00** Mysterious Cities Of Gold. (PG) **4.35** Urban Freestyler. **4.45** Vs Arashi. **5.40** The Office. (PG) **6.10** The Office. (PG) **6.35** If You Are The One. **7.35** Brooklyn Nine-Nine. (PG) **8.00** Brooklyn Nine-Nine. (PG) **8.30** Movie: Cockneys Vs Zombies. (MA15+) (2012) **10.10** Movie: Strippers Vs Werewolves. (MA15+) (2012) **11.50** Wilfred. (MA15+) **12.20** Shameless. (MA15+) **1.15** Shameless. (MA15+) **2.10** Work Of Art: The Next Great Artist. (M) **3.05** DW News In English From Berlin. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR.

MOVIES

7.30pm The Theory Of Everything (2014) Biography. Eddie Redmayne, Felicity Jones. (PG) *Masterpiece*

7.30pm The Sisterhood Of The Traveling Pants (2005) Drama. Amber Tamblyn, Alexis Bledel. (PG) *Romance*

9.05pm Antichrist (2009) Horror. Willem Dafoe, Charlotte Gainsbourg. (R18+) *World Movies*

GENERAL

6.30pm Person Of Interest. (M) *FX*

7.30pm House Of Lies. (MA15+) *FX*

9.30pm The Tonight Show Starring Jimmy Fallon. (M) *E!*

DOCUMENTARY

6.30pm Simply Ming. *Lifestyle Food*

7.30pm Killer Profile. (MA15+) *Crime & Investigation*

9.30pm Randy To The Rescue. (PG) *TLC*

SPORT

10.00am Ice Hockey. NHL. *Fox Sports 1*

4.30pm Golf. European PGA Tour. Qatar Masters. First round. *Fox Sports 1*

6.30pm Basketball. NBL. Round 17. Townsville Crocodiles v Sydney Kings. *Fox Sports 3*

2701

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Mornings: Summer. (PG) **11.30** Morning News. **12.00** Ellen. (PG) **1.00** Movie: Agatha. (PG) (1979) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Australia's Mega Cruise Ships. **8.30** World's Most Expensive Food. (PG) **9.30** The Truth About Taste. **10.30** Embarrassing Bodies. (M) **11.30** Undateable. (M) **12.00** Forever. (M) **1.00** Sue Thomas: F.B.Eye. (PG) **2.00** Danoz. **2.30** Global Shop. **3.00** Extra. **3.30** GMA. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **10.30** PAW Patrol. **11.00** Yu-Gi-Oh! Classic. (PG) **11.30** Scooby-Doo! (PG) **12.00** Young Justice. (PG) **12.30** The Batman. **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! Arc-V. (PG) **2.30** Wild Kratts. **3.00** SpongeBob SquarePants. **3.30** Rabbids. (PG) **4.00** Scooby-Doo! (PG) **4.30** Young Justice. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Criss Angel Mindfreak. (M) **8.30** Movie: Argo. (M) (2012) **11.00** Anger Management. (M) **11.30** South Beach Tow. (M) **12.00** Supernatural: The Animated Series. (M) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Rabbids. (PG) **2.00** Wild Kratts. **2.30** The Batman. **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Yu-Gi-Oh! Arc-V. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! Classic. (PG)

SEVEN

6.00 Sunrise. **9.00** Australian Open: Highlights. **9.30** Australian Open: Preview Show. **10.00** Tennis. Australian Open. Day 11. Women's singles semi-finals. **6.00** News. **7.00** Tennis. Australian Open. Night 11. Men's singles and mixed doubles semi-finals. **11.30** The Goldbergs. (PG) **12.00** Harry's Practice. **12.30** Malibu Country. (PG) **1.00** Malibu Country. (PG) **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** Sunrise Extra. **5.30** News.

7TWO

6.00 Shopping. **7.00** Match It. **7.30** The Woodlies. **8.00** Australian Open: Highlights. **9.00** Home And Away. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** Charlie's Angels. (PG) **3.00** Who's The Boss? (PG) **3.30** I Dream Of Jeannie. **4.00** 60 Minute Makeover. (PG) **5.00** Bargain Hunt. **6.00** Tennis. Australian Open. Night 11. Men's singles and mixed doubles semi-finals. **7.00** Fawlty Towers. (PG) Basil arranges a gourmet night. **7.45** Keeping Up Appearances. (PG) Hyacinth insists on meeting a special guest for the ladies luncheon at the railway station. **8.30** Judge John Deed. (M) Judge Deed presides over the trial of a reality TV show's producers, who are charged with manslaughter. **10.30** Suspects. (M) The hunt for a rapist becomes complicated. **11.30** Tennis. 2010 Australian Open. Final. Roger Federer v Andy Murray. Replay. **2.30** Bargain Hunt. **3.30** Fawlty Towers. (PG) **4.15** Keeping Up Appearances. (PG) **5.00** Harry's Practice. **5.30** Shopping.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** Bondi Vet. (PG) **12.00** Dr Phil. (PG) **1.00** The Talk. **2.00** Ent. Tonight. **2.30** Everyday Gourmet. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Jamie's Opera House Special. **8.30** Law & Order: SVU. (M) A party leads to a separate investigation. **10.30** Blue Bloods. (M) **11.30** The Project. **12.30** The Doctors. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Black Gold. (PG) **9.00** The Next Wave. **10.00** Totally Wild. **10.30** My Surf TV. **11.00** M*A*S*H. (PG) **12.00** The Biggest Loser USA. (PG) **2.00** The Indestructibles. (PG) **3.00** Adv Angler. **3.30** iFish Summer. **4.00** Diagnosis Murder. (PG) **5.00** Operation Repo. (PG) **5.30** Whacked Out Sports. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Last Man Standing. (PG) **8.30** Californication. (MA15+) **9.05** Man Seeking Woman. (MA15+) **9.35** Movie: Nick Of Time. (M) (1995) **11.30** Operation Repo. (PG) **12.00** The Home Team. **12.30** Raising Hope. (PG) **1.30** Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Bellator MMA. (M) **5.00** Reel Rock. (PG) **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **8.00** ABC News. **10.00** Gardening Aust. **10.25** Grand Designs. **11.15** Pointless. **12.00** News. **1.00** Adam Hills Tonight. (PG) **2.00** Lie To You? **2.30** Catalyst. (PG) **3.00** One Plus One. **3.30** Aust Story. **4.00** The Cook And The Chef. **4.30** Eggheads. **5.00** News. **5.25** Grand Designs. **6.15** Pointless. **7.00** News. **7.30** 7.30. **8.00** QI. (PG) **8.30** Sherlock. (M) **10.00** The Agony Of… (M) **10.30** ABC News: Late Edition. **10.40** Jimmy Fallon. (PG) **11.20** The Seduction Of Smoking. (M) **12.10** Comedy Up Late. (M) **12.40** Dancing With Dictators. (PG) **1.35** Golf. USPGA Tour. CareerBuilder Challenge. Highlights. **2.30** Sherlock. (M) **4.00** The Seduction Of Smoking. (M) **5.00** Compass. **5.30** Eggheads.

ABC2

6.00 Children's Programs. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.35** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** River Monsters. (PG) **8.25** Back Seat Drivers. (PG) **8.30** The Office. (M) **9.00** Extras. (PG) **9.30** Buzzcocks. (M) **10.00** Inside Amy Schumer. (MA15+) **10.25** Adam Hills: The Last Leg. (M) **11.05** Live At The Apollo. (M) **11.55** River Monsters. (PG) **12.45** Scrapheap Challenge. **1.35** Adam Hills: The Last Leg. (M) **2.15** News Update. **2.20** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** The Secret Of The Violin. **3.05** Backroads USA. **3.35** The Dark Charisma Of Adolf Hitler. (PG) **4.35** Urban Secrets. (PG) **5.30** Letters And Numbers. **6.00** Poh's Kitchen. **6.30** SBS World News. **7.30** Kitchen Notebook: London. **8.00** Food Safari Fire. **8.30** The Family Law. (PG) **9.00** Poh & Co. **9.30** The Bridge. (M) **10.35** SBS World News Late Edition. **11.05** The Sex Clinic. (MA15+) **12.00** Movie: Rock The Casbah. (MA15+) (2012) **1.40** Man Down. (M) **2.10** Man Down. (M) **2.40** I, Human. (M) **3.30** Marco Pierre White's Kitchen Wars. **4.25** Food Lovers' Guide. **5.00** CCTV English News. **5.30** NHK World English News.

SBS TWO

6.00 WorldWatch. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Somali News. **4.00** Mysterious Cities Of Gold. (PG) **4.35** Being Bradford Dillman. (PG) **4.50** Vs Arashi. **5.45** The Office. (PG) **6.10** The Office. (PG) **6.40** If You Are The One. **7.35** India With Guy Martin. **8.30** MythBusters. **9.30** Corman's World. (MA15+) **11.05** Danger 5. (MA15+) **11.35** Danger 5. (MA15+) **12.05** Danger 5. (MA15+) **12.35** Danger 5. (MA15+) Final. **1.05** Orphan Black. (MA15+) **1.55** Alarm For Cobra 11. (M) **2.50** Ugly Americans. (M) **3.15** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR.

MOVIES

5.05pm Divergent (2014) Sci-fi. Shailene Woodley, Kate Winslet. (M) *Premiere*

5.35pm The Other Woman (2014) Comedy. Cameron Diaz, Leslie Mann. (M) *Romance*

7.30pm 12 Years A Slave (2013) Biographical. Chiwetel Ejiofor, Lupita Nyong'o. (MA15+) *Masterpiece*

GENERAL

7.30pm Lewis. (M) *13th Street*

8.15pm Cougar Town. (M) *SoHo*

8.30pm Fairly Legal. (M) *Universal Channel*

DOCUMENTARY

6.30pm American Pickers. *A&E*

7.30pm Rise Of The Continents. Part 4 of 4. *History*

8.30pm Challenger Disaster Tapes. *Nat Geo*

SPORT

11.00am Basketball. NBA. Houston Rockets v San Antonio Spurs. *ESPN*

11.00am Cricket. One-day International Series. New Zealand v Pakistan. Game 2. *Fox Sports 2*

6.30pm Basketball. NBL. Round 17. Illawarra Hawks v Adelaide 36ers. *Fox Sports 3*

2801

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Mornings: Summer. (PG) **11.30** Morning News. **12.00** Ellen. (PG) **1.00** Movie: Bed Of Roses. (G) (1996) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **6.30** Cricket. Twenty20 International. Game 2. Australia v India. **10.00** To Be Advised. **12.00** Movie: Preacher's Kid. (M) (2010) Letoya Luckett. **2.00** Avengers. (PG) **3.00** Anger Management. (M) **3.30** Extra. **4.00** Global Shop. **4.30** GMA.

GO!

6.00 Sooty. **6.30** PAW Patrol. **7.00** Wild Kratts. **7.30** Move It. **8.00** Kitchen Whiz. **8.30** Yo-Kai Watch. (PG) **9.00** Magical Tales. **9.30** Little Charmers. **10.00** SpongeBob SquarePants. **10.30** PAW Patrol. **11.00** Yu-Gi-Oh! Classic. (PG) **11.30** Scooby-Doo! (PG) **12.00** Young Justice. (PG) **12.30** The Batman. **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! Arc-V. (PG) **2.30** Wild Kratts. **3.00** SpongeBob SquarePants. **4.00** Scooby-Doo! (PG) **4.30** Young Justice. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Movie: Tom And Jerry: The Movie. (G) (1992) **7.45** Movie: The Bugs Bunny Road-Runner Movie. (G) (1979) **9.45** Movie: The Dukes Of Hazzard. (M) (2005) **12.00** Supernatural: The Animated Series. (MA15+) **1.00** Looney Tunes Classics. **1.30** Rabbids Invasion. (PG) **2.00** Wild Kratts. **2.30** The Batman. **3.00** Little Charmers. **3.30** Yu-Gi-Oh! Zexal. (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Yu-Gi-Oh! Arc-V. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! Classic. (PG)

SEVEN

6.00 Sunrise. **9.00** Better Homes And Gardens Summer. **10.30** Dr Oz. (PG) **11.30** News. **12.00** Movie: My Girl. (PG) (1991) **2.00** Tennis. Australian Open. Day 12. Women's doubles final. **4.30** News. **5.00** The Chase Australia. **6.00** News. **7.00** Tennis. Australian Open. Night 12. Men's singles semi-final. **9.30** Movie: Crimson Tide. (M) (1995) Denzel Washington, Gene Hackman. **12.00** Harry's Practice. **12.30** Harry's Practice. **1.00** Malibu Country. (PG) **1.30** Malibu Country. (PG) **2.00** Shopping. **4.00** NBC Today.

7TWO

6.00 Shopping. **7.00** Match It. **7.30** The Woodlies. **8.00** Larry The Lawnmower. **8.30** Harry's Practice. **9.00** Home And Away. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** Charlie's Angels. (PG) **3.00** Air Rescue. (PG) **3.30** I Dream Of Jeannie. **4.00** Coastwatch. (PG) **4.30** Tennis. Australian Open. Day 12. Women's doubles final. Replay. **7.00** Coastwatch. (PG) **7.30** Hercules: The Human Bear. (PG) The story of Hercules the grizzly bear. **8.30** Escape To The Country. Nicki Chapman helps a couple wanting to relocate their business and start afresh in the Cotswolds. **9.30** The House That £100K Built. Two years since struggling to build a home for less than 100K the owners now must finish them off. **10.30** Storage Hoarders. **11.30** Tennis. 2007 Australian Open. Men's singles. Round four. Rafael Nadal v Andy Murray. Replay. **3.30** Escape To The Country. **4.30** Hercules: The Human Bear. (PG) **5.30** Shopping.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Living Room. (PG) **12.00** Dr Phil. (PG) **1.00** The Talk. **2.00** Ent. Tonight. **2.30** Everyday Gourmet. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** The Living Room. (PG) Chris and Miguel go cattle droving. **8.30** Graham Norton. (M) Irish comedian Graham Norton chats with actors Meryl Streep, Carey Mulligan and Nicole Kidman. **9.30** Comedy Megastars With Joel Creasey. (M) Stand-up comedy from some of the most famous comedians around the world. Hosted by Joel Creasey. **10.30** Movie: Pineapple Express. (MA15+) (2008) Seth Rogen. **12.50** The Doctors. (PG) **2.00** Shopping.

ONE

6.00 Shopping. **8.00** The Indestructibles. (PG) **9.00** Meet Henry. **10.00** Totally Wild. **10.30** My Surf TV. **11.00** M*A*S*H. (PG) **12.00** The Biggest Loser USA. (PG) **2.00** Monster Jam. **3.00** Adv Angler. **3.30** iFish Summer. **4.00** Diagnosis Murder. (PG) **5.00** Operation Repo. (PG) **5.30** Whacked Out Sports. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** The Indestructibles. (PG) **8.30** 48 Hours. (M) **9.30** Movie: 12 Rounds: Reloaded. (M) (2013) Randy Orton. **11.30** Operation Repo. (PG) **12.00** The Home Team. **12.30** Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Undercover Boss. (PG) **5.00** Car Torque. (PG) **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **8.00** ABC News. **10.00** Gardening Aust. Final. **10.25** Grand Designs. **11.15** Pointless. **12.00** News. **1.00** Adam Hills Tonight. (PG) Final. **2.00** QI. (PG) **2.30** Catalyst. **3.00** One Plus One. **3.30** Aust Story. **4.00** The Cook And The Chef. **4.30** Eggheads. **5.00** News. **5.25** Grand Designs. **6.15** Pointless. **7.00** News. **7.30** 7.30. **8.00** A Taste Of Landline. **8.30** Agatha Christie's Miss Marple. (PG) Final. **10.00** ABC News: Late Edition. **10.10** Jimmy Fallon. (PG) Final. **10.55** Rage. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **2.05** Mike The Knight. **2.20** Q Pootle 5. **2.30** Let's Go Pocoyo. **2.40** Dinosaur Train. **3.10** dirtgirlworld. **3.30** Play School. **4.00** Bananas In Pyjamas. **4.10** Bubble Bath Bay. **4.25** Mister Maker Around The World. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.35** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** River Monsters. (PG) **8.20** Back Seat Drivers. (PG) **8.30** This Old Thing. **9.15** Tourettes On The Job. (M) **10.05** Adam Hills: The Last Leg. (M) **10.50** Secrets Of China. (PG) **11.45** My Mum Is Obsessed. (M) **12.35** How To Be A Good Mother With Sharon Horgan. (PG) **1.20** River Monsters. (PG) **2.15** News Update. **2.20** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Big Art. **2.30** Colour Theory. (PG) **3.00** Island Feast. **3.30** Heston's Mission Impossible. **4.25** Who Do You Think You Are? **5.30** Letters And Numbers. **6.00** Poh's Kitchen. **6.30** SBS World News. **7.30** MythBusters. (PG) **8.30** Treasures Of Ancient Egypt. **9.30** Movie: Apocalypse Now Redux. (MA15+) (1979) **1.15** Movie: Bruna: Surfer Girl. (MA15+) (2011) **3.10** Shameless. (MA15+) **4.05** Shameless. (MA15+) **5.00** CCTV English News. **5.30** NHK World English News.

SBS TWO

6.00 WorldWatch. **8.00** Bosnian News. **8.30** Macedonian News. **9.05** Croatian News. **9.40** Serbian News. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Armenian News. **4.00** Mysterious Cities Of Gold. (PG) **4.30** Massive Moves. **5.00** Massive Moves. **5.30** Do Or Die. (PG) Final. **6.00** The Numbers Game. **6.25** Soccer. A-League. Round 17. Western Sydney Wanderers v Melbourne City. **9.00** MythBusters. (PG) **10.00** Movie: Kamui. (MA15+) (2009) **12.10** Space Dandy. (PG) **12.40** Assassination Classroom. (PG) **1.10** PopAsia. (PG) **3.10** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES

5.30pm Grudge Match (2013) Comedy. Sylvester Stallone, Robert De Niro. (M) *Comedy*

7.30pm A Mighty Heart (2007) Drama. Angelina Jolie, Dan Futterman. (M) *Masterpiece*

7.30pm The Hunger Games: Mockingjay – Part 1 (2014) Action. Jennifer Lawrence, Josh Hutcherson. (M) *Premiere*

GENERAL

6.30pm Arrow. *Fox8*

7.30pm Michael Bolton: Live At The Royal Albert Hall. *Foxtel Arts*

9.00pm Russell Howard's Stand Up Central. (M) *Comedy Channel*

DOCUMENTARY

8.30pm Alaska: Battle On The Bay. (PG) *Discovery*

8.30pm Monsters And Mysteries. *History*

SPORT

3.00pm Golf. Asian PGA Tour. Singapore Open. Second round. *Fox Sports 1*

4.30pm Basketball. NBL. New Zealand v Townsville. *Fox Sports 3*

6.30pm Soccer. A-League. Western Sydney v Melbourne City. *Fox Sports 4*

2901

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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Colouring In

RENOVATION ADVICE

With Jane Eyles-Bennett of Hotspace Consultants, a North Lakes based Interior Designer & Renovation Consultant with over 22 years experience.

Planning to renovate but need advice? Send a good quality photo and your question to: jane@hotspaceconsultantscom

Many houses around North Lakes and Mango Hill suffer from 'developer disaster'

Maria from Mango Hill asks: "I'd like to breathe some life into my kitchen. It's actually not too bad looking already; just a bit boring! Any ideas?"

Jane says: I can see that your kitchen could do with a bit of X factor to give it some life beyond the 'developer disaster' that so many houses around North Lakes, Mango Hill etc suffer from. This is when developers or builders do the bare minimum they can get away with; and ending up with a very unremarkable looking space (no offence intended!).

It's surprising what you can do to a space (a kitchen or otherwise) when the bones are good. Your kitchen certainly has nothing wrong with it but it does need more light and more texture.

Firstly, to maximise the light reflectance in the space, I recommend a new bench-top at the very least. I like white, but you could certainly go for a light colour instead. Depending on your budget, stone is always a great option. I like the thicker edge tops (eg 40mm) instead of a thinner style. A smaller kitchen can look okay with the thinner bench tops but I feel that the size of your kitchen warrants a thicker top. It's all about scale!

With the lighter coloured top, the natural light coming in through the windows as well as the artificial light hitting the bench from overhead will really be maximised. The light will bounce off the lighter colour rather than be absorbed which is what happens on darker surfaces.

The other main thing your kitchen lacks is texture. You can add real interest and personality into your kitchen with texture. I love using interesting pendant light shades for this reason. How about some cool wooden or wicker 'birdcage' style shades? You have plenty of room to play with, so don't be afraid to go large. Have a look at all the interiors magazines and online and you'll see that the skinny pendant fitting styles are nowhere to be found (thank goodness!).

Your handles and cabinetry look to be fine; so just have a think about whether you want to replace your tap and sink as these are hard to see in your photo.

Your main focus though is to get some visual interest and depth going on, to help eliminate the 'flatness' in your kitchen. Use texture and light to do this – whether by following my advice above or introducing other ways such as a new splash-back to get such a result. You can use this method on any 'flat', dull or otherwise uninterested spaces throughout your entire house, using permanent fixtures or loose items of furniture and accessories.

Good luck – Please send photos when you're done!

Jane Eyles-Bennett is the owner of Hotspace Consultants, a local award-winning design and renovation consulting company.
For appointments contact: **Phone:** 0411 705 556 **Email:** jane@hotspaceconsultants.com **Web:** www.hotspaceconsultants.com

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Rental growth lowest on record

Great news for renters, not so much for investors

2015 was a lackluster year for rental growth in Australia with rents increasing by just 0.3%; not exactly the news investors are looking to read about but good news for those looking to rent according to CoreLogic RP Data research analyst Cameron Kusher.

"We've never seen rental growth as sluggish as it is at the moment. Furthermore, we're expecting to see more of the same over the coming months due to increases in the supply of new housing, rental stock and a further slowdown in migration rates.

"The only cities to see an increase in weekly rental rates were Sydney with an increase of 1.9%, Melbourne (2.2%), Hobart (0.6%) and Canberra (1.9%) while rates fell in Brisbane by (-0.3%), Adelaide (-0.2%), Perth (-8.0%) and Darwin (-13.3%)," Mr Kusher said.

Mr Kusher said, "The construction boom across the capital cities, coupled with slowing population growth, low mortgage rates and the recent heightened level of activity from investors are the major contributing factors to the slowing rental growth in 2015."

"We envisage that growth in rental rates is likely to remain weak or potentially slow even further over the coming months. The good news for those looking to rent is the possibility that rental rates will fall even further over the coming year."

While the news for renters will be welcomed, investors may be facing weaker capital gains coupled with little in the way of rental growth or yield.

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North Lakes Community Women's Group Inc. News

Written by Sam Stevens Public Relations NLCWGI

We had a break of five weeks through to the 19thJanuary so there has been no activity to report for this edition.

This year is going to be packed full of activities, especially with the four months that have five Tuesdays, instead of the usual four, falling within our calendar. These 'fifth Tuesdays' usually amount to a bus trip of worthy note, they are; March, May, August and November. Our members might like to mark those Tuesdays on their calendar so as not to double book and likely be disappointed by missing out. We are looking forward to a year full of fun, friendship and happiness, see you there!

Tuesday 26th January AUSTRALIA DAY – no event. Make your own arrangements be it a beach party, B-B-Q, whatever, just have a great day with family and friends.

Tuesday 2nd February 09:45 MONTHLY GENERAL MEETING. Our first of the year. Once again we meet to brainstorm and format our up and coming events and activities. This usually involves a few laughs and some semblance of normality as we focus on the year ahead. Visitors welcome.

Our meetings are open to all women in North Lakes/Mango Hill – Moreton Bay district. Please refer to our listing under the Community Notice Board. For more information contact Julie, 3886 4552; Colleen, 0418 658 442; Carmen, 3491 9410. All are welcome.

Valentine's Day

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Sudoku

	2		1	8		7		
8			6	3				
9	3					8		
						4	2	1
2								9
1	6	4						
		2					1	7
				9	2			3
		8		1	3		5	

Brain Teaser

Can you think of a common word that contains double C, double S and double L?

Bonus points: Can you think of a second one?

Solution next week

Last week's Brain Teaser Solution

What number comes next in the following sequence? 2 4 8 10 20

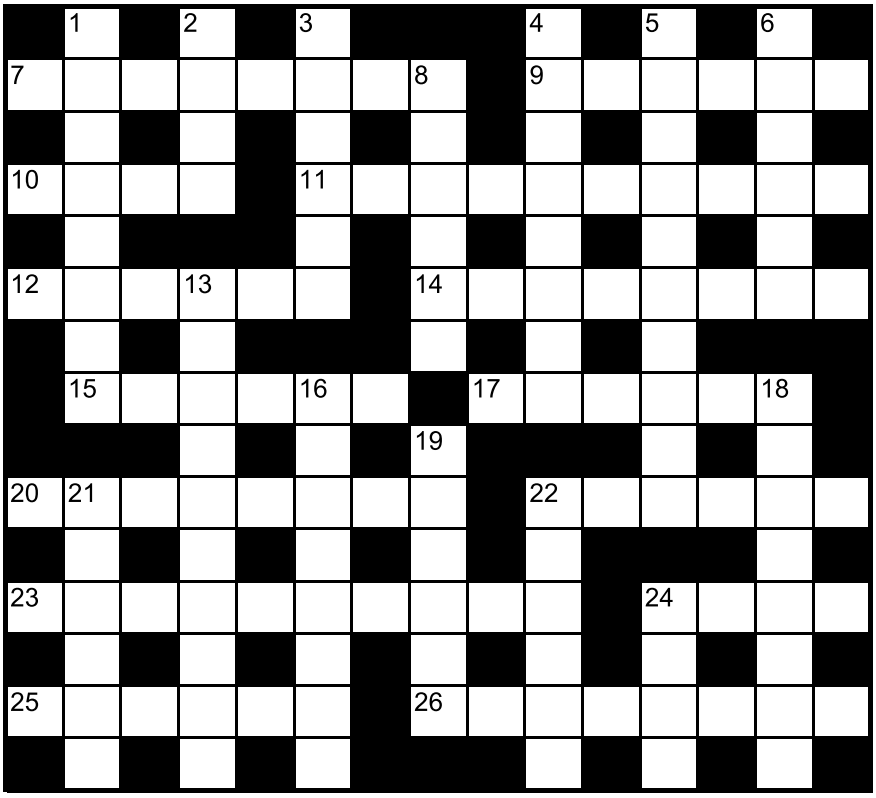
22 (the sequence alternates +2, x2)

Crossword Solution from last issue

	W		A		C				T		E		D	
H	A	N	D	B	A	G		C	I	T	I	Z	E	N
	R		E		M		C		R		T		S	
B	A	R	Q	U	E		A	P	A	T	H	I	E	S
	T		U		R		L		M		E		R	
D	A	T	A		A	R	C	H	I	T	R	A	V	E
	H		T				U		S				E	
		B	E	L	L	Y	L	A	U	G	H	S		
	B				E		A				A		C	
M	A	R	I	O	N	E	T	T	E		I	M	A	M
	Y		N		G		I		M		R		V	
C	O	C	K	A	T	O	O		B	A	L	L	A	D
	N		J		H		N		L		E		L	
S	E	V	E	R	E	D		B	E	R	S	E	R	K
	T		T		N				M		S		Y	

Crossword 6425

Kindly provided by person of interest - Laurie Stibbe



ACROSS

7 One who isn't there
9 Exist in large quantities
10 Endure
11 Maid of honour
12 Prevent accomlishment of
14 Stretched to maximum
15 Recover the use of
17 Even though
20 Artificially high singing voice
22 Conditional prison release
23 Indigenous Australians
24 Deep valley of a stream
25 Tropical African shrub
26 Free of trouble and worry

DOWN

1 Dissident
2 Inheritor
3 Unchanging; or horse shed
4 Befitting a mother or father
5 Take arbitrarily or by force
6 Locomotive
8 Expelled from a country
13 Civil law administrator
16 Constitutional
18 Gifted
19 High quality grape brandy
21 Reddish-brown hair colour
22 Dough of flour and water
24 Around the bend; foolish

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A.I.R. Moreton Bay Region Branch The Association of Independent Retirees (AIR) Limited meets on the 3rd Monday of each month (except December) at the Redcliffe Public Library meeting rooms commencing at 12.30pm. Visitors are welcome. AIR provides members with information to help plan their retirement and undertakes advocacy on the many issues confronting retirees. Contact 3142 2506 Website www.independentretirees.com.au

AI-ANON. If someone you love, or are dependant on has a drinking problem and you can see what it is doing to them; if you're also concerned how it's affecting you. We can help. Al-Anon Family group meets Tuesdays at 12.30 at the Church of Christ Church on Ashmole Road, Redcliffe. For futher information phone 1300252666

ALCOHOLICS ANONYMOUS. If you want to drink thats your business If you want to stop we can help. alcoholics anonymous holds meetings everyday in the mortenbay area in the following suburbs,caboolture,bribe Island,deceptionbay,redcliffe,margate,clontarf,woodypoint please phone 1300222222 or go to aa.org.au

ALL ABOUT LIVING is an aged care service provider that is looking for volunteers to assist with transport, administration, activity groups and projects. If you are interested in helping our participants please contact Kathy on 07 3269 1915, or see our website www.allaboutliving.com.au - We promote Choice, Support and Connection

A.L.P. To all ALP members in North Lakes & Mango Hill. The local branch of the Australian Labor Party meets the 1st Wednesday of every month at 'The Space' North Lakes cnr of Endeavour Blvd and Lakefield Drive. For more information contact Mick 0422 434 562 or Judi 0407 958 610 or Email alp.murrumba.east@gmail.com

ANGLICAN CHURCH St Peter the Fishermen 13 Lucinda St CLONTARF. Services 6PM Saturdays, 7AM (except 1st Sunday), 9AM Sundays family worship and kids club,10AM Wednesdays. Little Fishers for pre-schoolers and under 2nd Thursdays 9.30AM, Youth Group 10+ 1st Fridays 6PM.Beautiful church, setting/gardens for weddings, baptisms, blessings, funerals.3883 2378 ALL WELCOME

ANGLICAN CHURCH OF NORTH LAKES You are invited to worship with us this Sunday at either of our services. Communion is celebrated at our 8am Traditional service each week or on the 1st Sunday of each month at our 10am Contemporary service. All services are held in the Performing Arts Centre of North Lakes State College on Joyner Circuit. For further info, call Fr Dan on 0403 977 512 or visit our website at www.thelakesanglican.org.au

ANNE'S SOCIAL CIRCLE. Looking to welcome new members. We are a group of Single Men, Women and Couples from all walks of life. We get involved in a diverse range of activities, including Live bands, Tribute shows, lots of dancing, Live Theatre, Restaurants and trips planned for the future. A wine tasting coming up. The more the merrier, a non clicky group of fun people. Don't sit at home go out and have fun. For more information call Anne on 3880 1088.

BAHA'I FAITH of Moreton Bay Region openly invites enquiries of Belief Principles, Children's Classes, General Information, Holy Day Events, Holy Script Study Groups, Internet Sites, Library Books, Pamphlets, Social Gatherings, School Religious Classes, Youth and Pre-Youth Activities and more. "The world is but one country and mankind its citizens". Baha'u'llah Phone: 07 38861567 Email: Moreton Bay LSA [mbrlsa.sec@gmail.com] Web: www.bahai.org.au or www.moretonbaybahais.org

BLUE DENIM COUNTRY MUSIC CLUB Progress Hall, 34 Cornelius Street, Clontarf. Socials 4th Sunday of each month. Contact: Julie 3889 3179 or Lesley 3284 1083. All welcome. Entry $5.00

BOOM YOUTH A High School Youth Program in North Lakes (the Space) @ Kallangur (Kallangur State School). 7-9pm For more information, please call 0413 905 336.

Brendale Evening VIEW Club meet for dinner on the third Tuesday of the month at Wantima Country Club, (Golf Club) 530 South Pine Road, Brendale. We enjoy a two course meal, a guest speaker, raffles and lucky door prize. We raise funds for the children's charity The Smith Family and support students through their education. Ladies come meet new friends. Visitors and new members welcome. Phone Trish on 3264 2213

BRIDGE PLAYERS, We have a small club at North lakes library level No1 meeting Monday and Friday mornings at 9.30 till approx. 12.30.come along or ring Ken Hooper on 32045636.

BRIDGE Redcliffe Bridge Club plays most days of the week. Players of all levels are welcome. Lessons held every six months. Morning and afternoon sessions. If interested please contact Richard on 3882 5970.

BUNYA TOASTMASTERS CLUB invites visitors to meetings on 1st, 3rd & 5th Wednesdays of every month at Aspley Hornets AFL Club. Learn public speaking and leadership skills while networking with enthusiastic locals. Starts 6:45pm until 9:30pm. Contact Trinh 0434 115 259 or email: trinh7077@gmail.com. Drop by on your way home and join the fun! It's FREE!

BUSH POETRY, NORTH PINE We meet 1st and 3rd Sundays 9am until noon at The Distillery North Pine Hotel Old Petrie Town Dayboro Rd Petrie. All welcome. Perform or listen, have your work read, Closet Poets set yourself free in a friendly nurturing environment. C'mon dip your toes in the water. Contact Mary on 07 5495 5110 or front up and make yourself known to the MC. Change your Life for the better, take the first step.

CABOOLTURE FAMILY HISTORY Research Group. One hour of FREE assisted local, Australian and overseas research is available at Caboolture Family History Research Group Inc, located at Caboolture Historical Village, Beerburrum Road on Monday, Wednesday, Friday and Saturday between 9.30am - 2.00pm. (No entry fee to village for CFHRG research) Tel (07) 54282018 or email us at cfhrg55@bigpond.com.

CATHOLIC MASSES ON REDCLIFFE PENINSULA. Everyone is welcome to join any of our regular Masses. These are held at the Holy Cross Church, Anzac Ave, Kippa-Ring, at 6pm Saturday (Vigil); 9am Sunday; and 5pm Sunday. Mass is held at Mary Queen of Peace Church, Victoria Ave, Woody Point at 7.30am Sunday. Weekday masses are also held. See details in the Parish Newsletter at our website, www.redcliffecatholicparish.com or phone 3293 0800.

CATHOLIC NEWS IN NORTH LAKES AND MANGO HILL. Everyone is welcome to our Sunday Mass at 9.30 am in St Benedict's School, Capestone Blvd (off Anzac Ave) Mango Hill. We have a very active youth group. We also hold a Friday weekday mass at St Benedict's School at 9.00am except for the first Friday of each month. See details in the Parish Newsletter at our website, www.redcliffecatholicparish.com

THE CENTRAL LIONESS CLUB Lioness Club Redcliffe. Meet new friends & provide community services for your local area. We meet on the 2nd & 4th Monday at 6.30pm at Woody Pt Hall, Redcliffe. Contact Gill Bust 32842025 & Liz Alcock 3284 9415.

CHRISTADELPHIANS OF REDCLIFFE - 6 Irene Street. Redcliffe.Find out what the Bible really teaches. Addresses held each Sunday evening at 7pm, - 2pm on the first Sunday of each month. Join us on the left side of the Redcliffe jetty, last Saturday of each month, 10:30am. All our activities are totally free, no collections, all your questions will be truthfully answered. E-mail redcliffeges@optusnet.com.au for further information.

CHRISTIAN GROW GROUP meets at Deception Bay Baptist Church, Cnr. Silver Street and Maine Terrace, Deception Bay, each Tuesday morning at 9.30 am. Our group welcomes anyone battling a mental health problem. We use Grow's long tried and tested 12 Step Program with practical steps and peer support to aid in recovery of mental health. For more details, phone Malcolm on 3888 0594.

CLASSICALLY TRAINED VOCALISTS wanted to start a group of 3-4 females aged between 25-40. Classical crossover e.g. Celtic women, Katherine Jenkins, Sarah Brightman, and traditional classical repertoire. Email Rebecca, at classical_music_girl1@yahoo.com.au

CONSUMER ADVOCACY For patients who have endured/enduring difficulty with current illness/disability or treatments. Jodie from Jodiesjourney.com can assist patients with free assistance and advice, particularly in the area of how to get the most out of the medical system and the best consumer outcomes. Jodie also speaks at functions and has a team of consumer consultants who can help anyone using the healthcare system at consumerconsultation.com - contact at jodie@jodiesjourney.com

CROSSWAYS SOCIAL GROUP FOR DISABLED ADULTS meets every 1st & 3rd Thursday of the Month from 7.00- 8.30PM at Redcliffe Uniting Church hall, 1 Richens St Redcliffe. Cost $2.00 & bus pick up a extra $1.00. Phone 3284 6451 for further information.

DECEPTION BAY GEM & ALLIED CRAFT CLUB every Monday Wednesday Saturday 9am to 12 noon at 52 Old Bay Road Deception Bay (opp. Deception Bay North State School). Learn how to cut & polish stones(cabochons) faceting, silverwork and more. Secretary 0414488560. Come and enjoy learning all aspects of jewellery making at our friendly club.

DECEPTION BAY SEVENTHDAY ADVENTIST'S meet every Saturday at Deception Bay Prima ry School Music Hall Corner of King Street & Beauford place at 9:30 am for bible study and 11:am worship service. Everyone most welcome. Contact Humberto 0738865818 for further information.

DECEPTION BAY SPIRITUAL CENTRE Every Sunday from 2.30 until 5.30pm for Meditation, Healing and Service. We also sell Crystal Gemstones at a very reasonable cost. All enquires contact Rev Carol Bloor 0418 592 412.

DISCOVERY BAPTIST CHURCH, North Lakes, is a Christian Church committed to knowing God deeply and making a difference in our community of North Lakes. We'd love for you to join us for Sunday worship and God's Gems (Sunday School) at 9.30 am at The Space – corner of Lakefield Drive and Endeavour Boulevard, North Lakes. For other information and activities please visit our website at: www.discoverybaptist.com.au or contact Pastor Phil Smith: 0430811967.

DOLLSHOUSE EXTRAVAGANZA is a 2 day display of doll houses and scale miniature items that will be on at the Strathpine Community Centre on the 27th and 28th February 2016. There will be traders will items for sale from across Australia & New Zealand. The show opens at 10 am and closes at 3.30 pm each day.

EILDON CROQUET CLUB is an enjoyable club to join and play croquet. We play 4 forms of croquet, ricochet, golf, association and gateball. We play Monday ,9:30, Tuesday 8:30, Wed 9:30 Friday, 3:30 and Saturday 8:30. This is a game that all ages can enjoy. We have 3 members of the gateball team who are children and they play very well with the adults, hence a great family game. You are most welcome to phone 3203 7262 or 3283 2924 and arrange to come along.

FLORAL ART Peninsula Floral Art Group welcome visitors and new members to join them each month to have fun with flowers. We are a small group of ladies who enjoy each other's company and learning the skills of flower arranging. Our meetings are at Red Cross Rooms Portwood Street Redcliffe on the 2nd Tuesday each month (February-November) at 9.30am morning tea, 10.00am workshop and meeting. Enquiries: Pat Spillman Secretary Ph 3284 5795 Email pfag-redcliffe@hotmail.com

FOOD SUPPORT. Do you need some Food Support? Struggling to put food on the table? Please contact the Life Community Care office to receive a box of food on 07 3482 3005.

FREE CONVERSATIONAL ENGLISH LESSONS Thursday Morning 9.30 – 11am or Tuesday Evening 7 – 8.30pm . All ages. In Deception Bay, crn Maine tce & Water st. Phone: Susan 04496 63421

FRIENDLY SOCIAL TABLE TENNIS club. We are a group of 50 and overs (men and women) that will welcome new members. We play every Monday from 8am untill 12 noon at Redcliffe Senior Citenzens hall, Oxley Avenue (next to the old fire station) cost is minimal including morning tea. come along or contact Pat 3880 1210 or pedwards1948@bigpond.com

GRANDPARENTS SUPPORT GROUP (GAGS) A support group for grandparents who raise their grandchildren full-time. We cover all of the Moreton Bay area. We are only a phone call away for a chat, advise. The group meets on the first Wednesday of each month (except sch holidays) in a conference room next to the Caboolture Library known as The Hub. For information phone Lynn Fielding 0407251274.

GROUP OUTDOOR FITNESS North Lakes This isn't a business it's just a small group M/F aged between 20ish and 50ish who get together twice a week in the park in Little Burke Street at North Lakes to train, Tuesday and Thursday from 6.30pm sessions go for about an hour, join us and get great encouragement and help, For more information and questions answered call or txt Bryan on 0428337525

HER INSTINCT CLUB @ North Lakes If you love sharing your talent, passion and life in food, writings, music, photography and art etc, meet us at the new club. Create and collaborate on projects that you enjoy and we may publish them on our not-for-profit website. Or simply brainstorm your next big idea with like-minded members at our gatherings. Dreamers, amateurs and professionals welcome. Men/women. Email chrisoer@gmail.com to find out more

JETTY ARCADE FREE CONCERT Redcliffe Surfside Country Variety second Sunday each month from 9.30a.m.with ROD BRANDT & his BOUNDARY RIDERS and selected guest artists. Contact Rod & Colleen on 3885 4347 further details.

JP BOOTH Deception Bay shopping centre 9-12 Mon-Fri 9-1 Sat

JUSTICE OF THE PEACE SERVICE Run by volunteers, a Justice of the Peace Service is available at Westfield North Lakes Monday – Friday 10.30 am -2.30 pm, Thursday Night 6.30 – 8 pm. Saturdays 9.30am – 12 midday. Call Westfield Centre Management 3491 9072 or emergencies only Dept of Justice Brisbane 1300 301 147.

KALLANGUR INDOOR BOWLS Monday Afternoons from 1pm-4pm Kallangur Community Centre, Next to the Library on Anzac Avenue, Kallangur Cost: Only $4 which includes tea, coffee and biscuits. Come along and enjoy an afternoon of fun. Join a friendly group who will welcome all new members. Beginners very welcome. For more information please contact Wyn Carlton on 07 3886 2779

KALLANGUR MEMORIAL BOWLS CLUB Wednesday Men's Pairs 12.30 pm. Thursday Ladies/Mixed 9.30 am. Saturday Open Social 12.30 pm. Large airconditioned function room, private bar facilities and catering available. Friday night meals at very reasonable prices. Greens available for barefoot bowls for individual or corporate groups. Telephone 3285 2267 email: kallangurbowls@gmail.com for more information.

KALLANGUR, the Pine Rivers Senior Citizens Club Inc. welcomes you to join us for indoor bowls,sq dancing every Tuesday,concerts 2nd Wednesday of month,bus trips 3rd Wednesday,and bingo last Wednesday of each month. Venue is the community hall 1480 Anzac avenue(opp Red Rooster) for further info please Fred on 32054024 or email prscc2@gmail.Com.

KALLANGUR OVER 50'S SOCIAL CLUB Do you enjoy bingo? How about bus trips or maybe just a cuppa and a chat with new friends? Then why not pop into North Leagues Club on a Thursday morning at 9.30 a.m. and see what we have to offer. New members welcome. Please phone Gailene 3285 3905 or Val 3410 0112 for more details.

KOALA & WILDLIFE RESCUE PINE RIVERS is a local community organisation that has been in operation for over 19 years. We can be contacted 24/7 for ALL wildlife on 0401 350 799. We meet at Pendicup Place 365 Samsonvale Rd Warner at 7pm on the 4th Thursday of each month all welcome. We are always looking for rescuers & new members. All enquiries please phone 0401 350 799.

KSP Theatre Inc: is an amateur, not for profit, theatre group celebrating our 30th year. Cnr Old Bay Rd and Maitland Rd Burpengary. We welcome new members of all ages who are interested in any aspect of live theatre. Five productions per year: pantomimes, comedies, theatre restaurants etc. Family friendly environment. For information about shows, membership, or to receive our newsletter please call 38888580.

LADIES 50 - 60S age bracket needed for social tennis, played at Chermside Rd in Danzy Buchanan Park Mango Hill on Friday mornings from 8.30 am to 11.30 am please Contact Christine 0432042764 or Maureen 0424098073. Lovely ladies would welcome you.

LADIES SMALL CARD GROUP Canasta five & pony 50's - 60's age bracket Wednesday 10am - 3pm North Lakes 3203 1239 Will teach if needed.

LAKES ANGLICAN CHURCH SERVICES. Sunday worship: 1st Sunday of each month Combined communion service and Children's Church at 9am: Every other Sunday there is a traditional communion service at 8am and at 10am there is a contemporary service which includes Children's Church up to age 11, modern worship, relevant sermons that address life's challenges.

LIFE! CHURCH SERVICES: 9:30am @ Kallangur State School & 5pm @ North Lakes State College. ALL ARE WELCOME. For more information, please go to www.thelifechurch.org.au

LIONESS CLUB OF MORAYFIELD & DISTRICT Come and join us to help support our local district. We meet on the 1st Thursday of each month for a Dinner Meeting, 6.00 for 6.30pm for a short meeting and socializing. Also, on the 3rd Wednesday morning 9.30 for 10.00am for a Business Meeting. Venues will be advised on contact. Contact Margaret Zonca 5499 0509 or Joy Hynes 5433 0650.

LIONESS CLUB OF REDCLIFFE CENTRAL meet 2nd and 4th Mondays at 6.30pm. This is a great way to make new friends and help the community at the same time. For further information Phone Liz on 3284 9415.

LIONS CLUB OF NORTH LAKES: If you're a new resident of North Lakes wishing to integrate into the community and want to make new friends, please consider joining our club. We Dinner/Meet the 2nd & 4th Wednesday evenings of each month, have regular interesting guest speakers, are pro-active and incorporate a varied social outing calendar, mindful of keeping a balance between family, work and play. We're a very happy Lions club and encourage couples to join. Call Chris on 0429 457 722 and I'll arrange our Membership Chairman to call you.

LIONS CLUB OF REDCLIFFE CENTRAL Join our Lions Club. We need your involvement to support the Redcliffe Peninsula Community. We meet on the 1st Thursday of each month for our Dinner Meeting 6.30 for 7.00pm. Also on the 3rd Thursday for our Business Meeting 6.30 for 7.00pm. Venue information available on contact. Contact Jack Emery (Pres) on 0418 784 410 or Norm Alcock (Sec) on 0417 714 284.

LIONS CLUB OF REDCLIFFE KIPPA-RING Come join our flourishing Club, supporting the local community. We run the Redcliffe Showgrounds Community Markets every Sunday from 6am – 11am. We visit the elderly & isolated, and recycle used spectacles to send to needy countries, plus more! Meetings held 1st & 3rd Tuesdays at Rothwell Hall, Board meeting 2nd Tuesday. Call 0418 191 578.

MAKE FRIENDS HAVE FUN with The Moreton Bay Social Group 45+ Join us Tuesday evenings from 6pm at Redcliffe Leagues Club as friends, lets chat and maybe enjoy dinner in a relaxed atmosphere with friendly people and discuss outings to enjoy for the month and beyond. If you are interested in a group that only wants to socialize Ph Maureen 34918998 Nick 0423543833 Jen 38803357

MASONIC MEETINGS Freemasons, and anyone interested in learning about Freemasonry, wishing to attend a Daylight Lodge. We meet 9-30am. the fourth Monday of every month at Freemasons Centre Seaville Av.Scarborough, on the Redcliffe Peninsula. Our friendly Ladies ,who attend every Luncheon,will extend a warm welcome to your wife,please bring your wife along. Phone Les 3888 0739.

MEN'S SHED REDCLIFFE Community is now up and running and available to All Men, in the area. Activities, or just a cuppa and a yarn are on offer in this new Shed . The Shed is at The CommunityHouse 1 Laminton Drive , off Oxley Avenue and hours are Mon,Wed,Fri, 9-00am til 1-00pm. Call in for a chat or phone 0490 468 222 and speak to Wal or Joe

MEN'S SHED The Pine Rivers men's Shed operates every Monday, Tuesday, Wednesday and Friday 8.30am – 1.30pm at our shed, Old Petrie Town, Dayboro Rd, Kurwongbah. If you like activities such as woodwork, metalwork, computing, etc and making items for the community, or if you just enjoy a cuppa and a chat – come along. All men of any age welcome. For further information contact Sal 32612323 or 0438612324.

MORETON BAY CHRISTADELPHIANS Free Bible based seminars. On every Wednesday at 7.30pm. Various Topics. 4 Whites Rd Petrie. For more info call 0411 649 466 or email info@moretonbayecclesia.net

MORETON BAY SYMPHONY ORCHESTRA aims at providing quality music for the Moreton Bay region. MBSO performs a selection of music such as contemporary popular, classical and large scale symphonic music. Subsidiary groups include a Junior Strings (under 15), Youth Symphony (under 25), Jazz Band and Flute Choir. Play an instrument? We are always on the lookout for more musicians! Like us on Facebook! Email: enquiries@mbso.org.au Visit our website at: www.mbso.org.au

MOUSETRAP THEATRE Redcliffe Showgrounds home to plays, musicals, cabarets, pantomimes and theatre festivals. Acting workshops for primary & high school aged children. Technical workshops. We are a warm and friendly little theatre company, where everyone is welcome, either in acting, backstage, technical, directing roles etc. Further information: 0439 954 719

NAVY CADETS – TS Koopa Youth 13-19 Years Parade 630pm to 930pm Friday Nights TS Koopa Kal-Ma-Kuta Dr Sandstone Point Enquiries co.tskoopa@navycadets.gov.au 0430 940 189

NORTH LAKES COMMUNITY WOMEN'S GROUP INC. meets on the first three Tuesdays of the month at 09:45 am at the Community Centre, The Corso, North Lakes. On other Tuesdays we meet for lunches, bus trips and planned outings. Enquiries please phone: Julie, 3886 4552; Colleen, 0418 658 442; or Carmen, 3491 9410: All welcome.

NORTH LAKES UNITING CHURCH offers a family service with children's Sunday School. Services each Sunday at 9:30am followed by fellowship and refreshments are held at The Lakes College located at Cnr College Street and Discovery Drive, North Lakes. All welcome. Contact Mark Cornford on 0421 950 325 or email info@northlakesunitingchurch.org.au

OLDER WOMEN'S NETWORK. our meeting is held on the 2nd & 4th Tuesday of each month at 10 am. venue Woody Point Memorial Hall, Oxley Avenue. Entrance Fee is $3 for Morning Tea Next meeting 10th November Speaker Deb Macfie Topic Heart & Lung Disease.Debbie is a Clinical Nurse Specialist with many years experience in many countries. Meeting for the 24th November Blue Care Physiotherapist.

PEACE PRESBYTERIAN CHURCH We welcome visitors to our church at 155-157 Maine Terrace, Deception Bay. Weekly service held at 9:30am and Kid's Church starts at 9:45am. Regular Kids Club programme over two days during the school holidays. Teen club meets the first Friday of the month at 5:00pm for tea. Monthly craft group and an op-shop that opens the second Thursday of the month from 9am to 12noon. Please drop in and share a coffee and cake with us. For more information phone 3888 3781.

PENINSULA ANIMAL AID is an animal refuge shelter for rescued dogs and cats. The shelter is located at Clontarf on the Redcliffe peninsula and is solely run by volunteers and has been operating since 1971. If you would like more information about adopting an animal, volunteering, becoming a member or attending our monthly meetings, please phone 3284 1927 or go to our website www.peninsulaanimalaid.com.au

THE PENINSULA HERB GROUP meets every third Saturday in The Wallum Centre at the Redcliffe Botanic Gardens, Henzell St Redcliffe. Meetings start at 1:30, we welcome all visitors and anyone interested in herbs. For any enquires please ring the secretary on 32843279 or herb garden coordinator on 32831828.

PINE RIVERS QCWA is holding a Market Day and Jumble Sale Sunday 13th December at Redcliffe QCWA Hall, 189 Prince Edward Parade Redcliffe. 8am–1pm. Stalls with Scrapbooking, Sewing, Craft, Books, Baking, Preserves and Bric a Brac. While there browsing enjoy a Devonshire Tea. Limited tables still available: Phone Sylvia - 5495 5151

PINE RIVERS SLIMMERS CLUB. Trying to lose weight? Need Help? Join us every Wednesday morning at the Lions Hall, Lawnton Showgrounds from 8.15am – 9.45am. Joining fee $12. Weekly fee $3. For a relaxed social atmosphere, friendly support, nutritional advice, recipes and competitions. 30years+ in the operating in the shire. Contact Chris 3285 2949

PENINSULA SOCIAL GOLF CLUB welcomes both male and female golfers of any level, with or without an AGU Handicap. Peninsula Social Golf Club plays at a variety of courses with both single and team events, has an annual dinner and presentation evening and a weekend end of year trip. Any golfers interested can contact Club Secretary Noel Price 0413 781 830 www.peninsulasocialgolfclub.asn.au

PINE RIVERS SPIRITUALIST CHURCH & Healing Centre Services 1st & 3rd Sundays at 10am Strathpine Gardens Community Hall Cnr Nicol Way and Turner Drv, Brendale. For all infomation regarding services, Ring Rev Rosina 076393 1969 or 0416002195

PINE RIVERS VIEW Club meets on the third Wednesday of each month for lunch at Murrumba Downs Tavern,Murrumba Downs. Interesting speaker. On the first Wednesday of each month we have an outing to a place of interest. Ladies come and meet new friends. Visitors welcome. Phone Sandra 3425 2738 and Elizabeth 38864937

PLAYGROUP MANGO HILL. 9:10-10:10am each Friday (except school holidays) for families of children planning to attend Mango Hill State School. Indoor and outdoor play, music and story time for children aged 2-5 with their parents/carers. Program led and facilitated by a teacher. All activities are free! Come along and get to know others in our caring school community. Contact Gabrielle Douglas gdoug7@eq.edu.au.

PLAYGROUP REDCLIFFE - 9am Wed & Friday. 1 Richens St, Redcliffe [Redcliffe Uniting Church]. Well organised and structured playgroup. More details check out the Redcliffe Uniting Church website.

PLAYTIME ROTHWELL Thursday 9am -11am Mueller College A Block Morris Road. Suitable for children aged 0 to 4. Operates during school terms. Enjoy a cuppa and a chat with other adults while the children interact, playing with toys and doing craft. Shared morning tea is on a roster basis. Gold coin donation each week. Provided by Mueller Community Church. Contact Isabel on 3897 2869

PROSTATE CANCER SUPPORT GROUP for the Moreton Bay Region meets second Tuesday every month. There are medical profession speakers with an opportunity to talk to these and other men affected by the disease. Meetings start 6.30pm, Education Centre, Redcliffe Hospital. Men, partners and family members are welcome. More info contact Fred Travis on 3480 5904 or 0404 495 898.

P.U.B.S Home brew beer club, meets last Tuesday of every month at Kruger Hall, Kallangur at 7pm, for advice, comps and everything home brew, new members welcome, for more info call Greg on 0423205205

PULSE YOUTH is the youth program of Life! Church. Come check out the craziest games, pumping music, hear a great word, be part of a connect group and make amazing friends! Every Friday night, 6-8.15pm Kallangur State School Hall, School Rd, Kallangur! For more info contact Scott & Miriam on 0413905336 or youth - youngadults@thelifechurch.org.au

PROBUS CLUB OF KALLANGUR meets at 10am on the 4th Friday of the month at the Baptist Church Hall, Ogg Rd. Murrumba Downs, has bus trips and Walks and Talks and Morning Teas and Lunches. Visitors welcome VACANCIES NOW Joan 38863656, Ken 33841313, Dorothy32851538

PROBUS CLUB OF REDCLIFFE Inc. The Club is for Male and Female retirees Seeking fellowship and fun. We enjoy Entertainment, Coach trips, Cruises, Dine-outs, Local and QPAC Theatre days, Lawn bowls, Beach BBQs & Coffee mornings, Meetings - second Monday of every month at the Redcliffe Golf Club. President Barry Lynch 3284-3434 or 0400 270 760 gramps98@optusnet.com.au

PROSTATE CANCER SUPPORT GROUP at Redcliffe meets on the second Tuesday of every month. Medical professionals speak at each meeting and is an opportunity to talk to these as well as other men and their partners affected by the disease. Partners of men attend regularly. Meetings start at 6.30pm at the Education Centre of Redcliffe Hospital. All men, partners and family members are welcome to attend. More info contact Fred Travis on 3480 5904 or 0404 495 898.

QUEEN'S BEACH INDOOR BOWLS Club Inc. Monday 7.15pm Thursday afternoon 1.15 pm Church Hall cnr. Griffith Road. & Prince Edward Pde.Scarborough.

QUOTA INTERNATIONAL CLUB OF NORTH LAKES meets at North Lakes Health Precinct on the second Monday of each month at 6.30pm for a light supper followed by our meeting at 7 pm. If you would like new friendships, share in our local community and support local and international projects, give us a call. For more information on the work that we do and be involved with this great club, call Lyn on 0408 873 939 or Val on 3385 0661.

REDCLIFFE BRANCH OF NATIONAL SENIORS. Meets on the last Friday each month at 10-00 a.m. for 10-30 a.m. in the "Kokoda Room " of the Redcliffe R.S.L. Club. Phone secretary Lynette on 3204 1678

REDCLIFFE CITY CHOIR practises weekly in the Rothwell area, Monday nights from 7:15 - 9:30pm. We sing a range of music - from pop, folk and jazz to classical and light opera. Most pieces are in four-part harmony. New members are always welcome! More information phone 3385 9778 or 3889 5789.

REDCLIFFE CITY LIONESS CLUB meets on the 1st & 3rd Mondays at 6.30pm at the Woody Pt Hall, Redcliffe. Make new friends & support local community projects. New members welcome. For further information contact Noelene on 3293 1222 or Trish on 3284 3498 or 040 7117212

REDCLIFFE COUNTRY MUSIC CLUB. Dalton Hall, Redcliffe Showgrounds Scarborough Rd. Socials : 3Rd.Sunday 1.00P.M. 4Th Friday Night 7.30.P.M. Quality Guest Artists & Walk-Ups. Contact Trudi on 3284 7609. All Welcome: Entry $ 4.00.

REDCLIFFE & DISTRICT FAMILY HISTORY GROUP. Membership open to anyone wishing to research their ancestors. Our Library contains over 600 books, microfiches, CD's and computer access. Help is always available, with tea, coffee and a friendly chat. We meet every Tues & Thurs morning 9.30 am till 12.30 pm, and one Mon evening a month by appointment, at the Scout Hut, Isobell Street, Clontarf. Contact 3293 0567, or email RDFHG2012@gmail.com

REDCLIFFE EXSERVICEWOMEN'S CLUB Third Monday of each month, 10.30am, Meeting Room Redcliffe RSL, Irene St, Redcliffe. Exservicewomen of all ages from all services welcome to share social comradeship with others. Phone Wendy on 3880 2602 for more details.

REDCLIFFE FAMILY FUN is a new community Facebook page listing activities and events for families in Redcliffe and other Brisbane Northside suburbs. www.facebook.com/RedcliffeFamilyFun

REDCLIFFE HISTORICAL SOCIETY holds its general meeting on the second Friday of the month at 2pm, in the Meeting Room of the Redcliffe Library. Monthly guest speakers highlight interesting aspects of Redcliffe's history. Members and guests are invited to participate in the meeting and share afternoon tea. Enquiries to the Secretary Nette Griggs on 0458643506 or at info@redcliffehistoricalsociety.com. Website: www.redcliffehistoricalsociety.com

REDCLIFFE LADIES PROBUS CLUB Meets on the 2nd Thursday every month at The Bramble Bay Bowls Club, Hornibrook/Victoria, Woody Point at 9.30am for 10.00am. Enjoy morning tea, a guest speaker and outings. Visitors welcome. Contact Margaret 3284 4242

REDCLIFFE MULTITUDE CHOIR is a non auditioned community choir singing a mix of pop, jazz and folk music, rehearsing every Thursday night during school terms at Margate Baptist Church Hall, 27 Duffield Rd. Margate. The only requirement is a love of singing. Contact 0402 121 155

REDCLIFFE OVER 40 SOCIAL DANCE CLUB INC Meets at CWA Hall Prince Edward Parade, every Wednesday night from 6.30-10.30 pm. Band music to modern and new vogue dancing. New participants most welcomed. Supper provided. Theme nights throughout the year. Singles, new dancers and all abilities welcomed. Non profit organisation. www.over40socialdanceclub.org

REDCLIFFE OSTAMATE SUPPORT And Carers Group Meet at the Cultural Centre Redcliffe in the Schillam Room at 10am on the first Tuesday of the month. Cost is $2 and morning tea is supplied. For more information please contact Dot 54 95 1335.

REDCLIFFE PENINSULAR DARTS ASSOCIATION: Players needed to our Wednesday night fixtures. A & B Division Teams. No need to register with a full team - we can certainly get you in a side now. $15 yearly registration & $4 fees per night. Licenced bar facility. Call Patty Martin 3203 8587

REDCLIFFE PENINSULA PROBUS CLUB meets on the 4th Tuesday of each month at the Kokoda Room, Redcliffe RSL, Irene ST. Redcliffe at 10.30am. New members most welcome. Contact President Bob Ph. 3467 3091 or Secretary Ray 3203 2611

REDCLIFFE PENINSULA SURF LIVE SAVING Want to part of the community? Fancy joining one of the most iconic Australian organisations? Ever thought of learning lifesaving skills? Situated at Suttons Beach, Redcliffe, we run a nipper program for those aged between 5 and 13 every Sunday between the months of September and March. Call 32844105 or go to www.redcliffeslsc.com.au

REDCLIFFE PENINSULA VIEW We meet on the second Thursday of each month at the Moreton Bay Boat Club for our meeting and a fine lunch. The sights and scenes seen from the deck are also something special to share and celebrate with friendly ladies gathering to help the Smith Family support Learning For Life Students. Please call Gillian on 3885 8210 if you would like to come along to share lunch with benefits.

REDCLIFFE RSL SUB-BRANCH General Meetings of the Sub-Branch every two months on the third Sunday of the month at 10.30 am. We also conduct interviews for Service pensions, disabilities and Advocacy claims covering Service personnel, police and cadets. For appointments call 3889 4872.

REDCLIFFE RUGBY UNION. Senior Rugby Union training 6.30pm Tuesday & Thursday, Veterans touch footy 6.30pm Wednesday, senior games played Saturday, Veterans games played Friday night. Seniors & veterans (35+) team info, club news & game dates at www.redclifferugby.com.au Enquiries to play Mark 0423214202 or senior.secretary@redclifferugby.com.au Ray Frawley Fields. Silcock St Clontarf.

REDCLIFFE SENIOR CITIZENS CENTRE 401 Oxley Ave, Redcliffe, 4020. Membership $8 with joining Fee $2. Activities, Table Tennis, Indoor Bowls, Darts, Concerts, Hoy, Snooker,Vogue Dancing, 500,Line Dancing, Pilates & Chee Gung. Contact 3284 1366 or 0418 796936.

REDCLIFFE SNOOKER CLUB Inc. Meets every Monday 5.00pm at our new Clubrooms, 1 Bowling Green Lane, Redcliffe for a social competition. We have 4 snooker tables and the rooms are also open to visitors 10.00am to 4.00pm every Thursday, Friday and Saturday for a practice hit. Costs are $2.00 per hour per person with partner- for further information please ring Garry Wardle 0414722189 or email snookerclub@optusnet.com.au

REDCLIFFE SPIRITUAL DISCUSSION GROUP meets at Unit 3 (down the back) 124-130 Oxley Avenue, Woody Point (near Ellen Street), on the first Friday of each month, at 7.30 pm. We explore theosophy, Alice Bailey writings, poetry of Rumi, holistic psychology of Carl Jung, the I Ching, Taoism and Zen, Feng Shui, Tibetan Buddhism, progressive Christianity, sacred sites, music, prayer, meditation and so on. All welcome. Tel: 3283 8386.

REDCLIFFE TABLE TENNIS ASSOC INC offers a social atmosphere and has a range of players from beginners to very experienced. The club is located at Clontarf High School Gymnasium in Isobel Street, Clontarf every Friday night from 7.30pm. Quality Stiga tables and 3 star balls are provided and bats are available for use by casual visitors. Charges are very reasonable. For further information contact Terry on 0407007143 or email redcliffe.tta@gmail.com.

REDCLIFFE TPI SUB BRANCH meets on the first Monday of every month, 9.30 a.m. at the Redcliffe Bridge Club Rooms in Irene Street Redcliffe (next to the RSL). All TPI, Special Rate Pensioners, prospective members and Spouses are invited to attend. Further information available from Mick Karolak on 3283 1721 or Pedro Newman on 3889 5704.

REDCLIFFE UNITING CHURCH - A Community aiming to be at the Heart of the community. Worship Sunday 9am, 1 Richens St, Redcliffe. Never boring, always engaging! Download our APP 'Redcliffe Uniting' or check out our website.

ROTARY CLUB OF KIPPA RING-NORTH LAKES meets Wednesdays from 6.15 pm at Rotary District Office : Evergreen Centre 14-18 Discovery Drive, North Lakes. Rotary connects 1.2 million members from 34,000 clubs in 220 countries. Come join us. Once a week, we meet to help others in the wider community. It's life changing. Contact Garry Gibson on 0419 742 769

ST JOHN AMBULANCE Moreton bay Cadets and Adults ages 8 and up meet Thursdays from 6:30pm at the Redcliffe SES hall 35 – 41 Portwood Street Redcliffe. For more information contact the Divisional Manager on 0402 895 206

SANDGATE THEATRE is seeking new members interested in becoming involved with an exciting well-established and progressive community theatre group. No experience is necessary, we welcome adults of any age who are keen to meet friendly theatre minded creative people. You might have skills such as painting, dress-making, lighting & sound engineering, canteen control, ushering, cleaning, decorating as well as acting and directing, or perhaps you'd like to learn these and many other interesting skills. Phone 32040296 for further information.

SATURDAY MORNING BICYCLE RIDE in and around north lakes. I am seeking riders utilizing bike lanes and bikeways in a safe and friendly environment. 7am starts with a coffee/ drink break. beginners and intermediate riders, not setting any land speed records just enjoying the great infrastructure of north lakes. Phone Dean at Allsorts-BERG ph 0431286322

SCOUTS offers an exciting and adventure filled learning environment for youth members. Interested? Kallangur Scout Group invites boys and girls from age 6 upwards to join in the fun. For further info contact the Group Leader Chris on 0404 438014.

SINGLE SENIORS OVER 60yo in Moreton Bay area. Would you be interested in joining a small social group of single men and women? We've all experienced the times when we would like to dine out, see a movie, have a picnic, see a show etc etc but maybe not on our own!! So why not join our group and share company. If interested, please email Kate at hopexyz1@hotmail.com.

SLIMMER'S SUPPORT GROUP, KALLANGUR, meets at Q.C.W.A. Hall, Anzac Ave., Kallangur on Friday Mornings at 9 am. NEW MEMBERS WELCOME. For more information please contact Bev. 3882 4598, Denise 3205 3989 or Gail 3204 4163**..**

SMALL DOG CARER'S CLUB Meet other dog lovers and socialise your small dog with other small dogs. Join the club and have your dog lovingly cared for while you are on holidays, no need to use a kennel. We meet once a month on the first Monday of the month. New members (retired or semi- retired) are welcome. Phone Kevin on 3881 1282.

SOCIAL COFFEE LOVERS GROUP If you enjoy coffee and stimulating conversation, and meeting new people then join us to take advantage of some of the beautiful Peninsula cafes on offer. If interested email Carolyn at carolyn2527@hotmail.com.

SOROPTIMIST INTERNATIONAL Moreton North Inc. is a global voice for women representing 90,000 members in 126 countries. Our projects assist women and girls to access education and leadership opportunities, health care and human rights locally and internationally. Regular meetings and social events are held throughout the Moreton Bay Region. Contact Caryl 0417 730 155 or Audrey on 0402776840 Email simoretonnorth@siswp.org www.soroptimistinternational.org

SOUTH AFRICAN LADIES GROUP Join the "SA LADIES – North Lakes" facebook page to connect with fellow South Africans in the North Lakes and Surrounding areas. Contact Catherine for more information. 0406781261 or monksc@gmail.com

SPINAL INJURIES AUSTRALIA Moreton Bay Spinal Injuries Network will meet at 11.30am on Wednesday 2 December at the Norths League and Services club, 1347 Anzac Avenue, Kallangur for their Christmas Lunch. New members welcome. For more information phone Spinal Injuries Australia on 3391 2044.

SUPPORT FOR PARENTS Concerned about your teen's behaviour? Don't know what to do? You're not alone. A lot of parents are facing problems just like yours.

SUPPORT GROUP FOR MEN. Men Supporting Men Inc. meets at the new Neighbourhood Centre, 9 George St, Caboolture (opposite the Caboolture State School) every Thursday from 6:45pm-10pm. The group encourages self awareness in a safe and supportive environment. Any man is welcome to attend. Enquiries: Allan 5497 4022 or Paul 0401 625 141 up to 9pm.

SUPPORT GROUP for women battling their poker machine addiction. I am dealing with a pokies addiction and am on my way to beating it. One thing I always wanted was someone to talk to who understood. This group is not therapy or a cure but a chance to share our experiences and, maybe, help each other beat our addiction. Meet Wednesday evenings 7.30pm, Redcliffe. Please email me for details. arenaissance@live.com.au

SWIMMING CLUB Would your child like to learn how to race and participate in swimming meets? If your child can swim a minimum of 25m join us for a free introductory club night (conditions apply). Year-round, indoor heated 50m pool. www.australiancrawl.swimming.org.au or phone Shane 0410 468 205 or Jane 0403 859 185

TEAR Groups are local groups that meet to discuss issues relating to poverty and injustice in Australia and overseas and to advocate on the behalf of disempowered and poor people – most often the poorest of the poor. A Christian Justice Group, meets locally on the first Monday of each month from 7pm-9pm. If you care about poverty, injustice and advocacy for the poorest of the poor then please join us. Phone Di on 073888 0571 or 04-08881507 for details of meetings.

TUESDAY CLUB INC. is a non-profit working organization that raises funds for the Underprivileged & Disadvantaged within the Redcliffe Area. Meetings are held at the Moreton Bay Boat Club every 2nd Tuesday of the Month at 10am, New Members very welcome. Contact Marion 3284 1526 or Loela 3284 4167

U3A REDCLIFFE INC. provides an educational environment for people in the third stage of life. It holds a variety of classes run by volunteer tutors. A subscription of $20 per year applies and a small fee for each class of $2. Computer classes are $30 for 8 weeks. Make enquiries at the office on Level 1, 157-159 Sutton Street or call 3284 2687 email u3a@u3aredcliffe.org.au. More information is on the net at www.u3aredcliffe.org.au

UNITING CARE & TARGET CHRISTMAS APPEAL. Please drop off a gift or make a donation at your local Target store. These gifts will help us deliver hope and happiness to people in our local community who are doing it tough. LET'S PUT A SMILE ON THEIR FACES!

WEIGHT REDUCTION CLUB OF REDCLIFFE. A not for profit body assisting people to solve the problem of being overweight. We meet every Tuesday morning at the Community Hall, Morris Rd, Rothwell from 8:30 am. New members welcome - for more information ph: 3283 7118 or 0424 671 554 or email wrcredcliffe@hotmail.com

WORLD HARVEST MINISTRIES. You are invited to our Sunday worship services 9am and 6.30pm! Come and experience the presence and power of God! Let your life be transformed, receive healing in your body, soul and spirit. Learn about God's truth. We teach the uncompromised Word of God. Families welcome! 53 Telegraph Road, Bald Hills. Tel: World Harvest Ministries 3261 4555.

YE OLDE BRASS RSL MEMORIAL BAND Redcliffe Inc Present their Annual Christmas Concert Featuring Christmas Carols; and other Popular Christmas Tunes Santa and Christmas Raffles Date: Sunday 13th December 2015-11-13 Time: 1.45 PM Venue: Redcliffe RSL Kakoda Room Admission: FREE

YOUTH GROUP The Salvation Army, Redcliffe Come join us on the 1st and 3rd Friday of the month from 7 til 9 pm and enjoy a mass of activities from old school video games to ping pong and movies. We are located on Ashmole Road, Redcliffe (Turn left off Anzac Ave). Check out Facebook.com/VisionYP for contact information and further details.

ZONTA CLUB REDCLIFFE Membership is open to all women who are actively involved in business and professions. Meetings are held on the 4th Monday at each month. Interested? Further information may be obtained by contacting info@zontaredcliffe.org.au Or: 0457426806

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